URUNGA PUBLIC SCHOOL

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On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 8 TERM 2 WEEK 6 WEDNESDAY 4th JUNE, 2025

IMPORTANT DATES			
Wed 4 June	P&C Meeting in school library @ 5.15pm	Wed 11 June	MNC Rugby Union Trials
Thurs 5 June	District Soccer Trials	Wed 11 June	MNC Soccer Trials
Fri 6 June	Dance Eisteddfod	Thurs 12 June	Girls PSSA Touch vs Nambucca Heads PS
Mon 9 June	KING'S BIRTHDAY PUBLIC HOLIDAY	Fri 13 June	Ignite Excursion—Yr 6 Careers Day
Tues 10 June	Boys PSSA Touch Football vs Bellingen PS	Fri 13 June	NC Cross Country

AUSLAN SIGNING CHOIR EISTEDDFOD

What a spectacular day the Stage 3 Auslan Signing Choir had at the Coffs Harbour Eisteddfod!

Our incredible Stage 3 students from Urunga Public School took to the stage today and blew everyone away with their passion, teamwork, and beautiful Auslan signing. It was a moving performance that truly celebrated inclusion and the power of expression through sign language.

We couldn't be prouder of these talented kids - what a performance!

Miss Kyle







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.

OUT OF SCHOOL HOURS CARE

Recently, our families and staff were advised that our school's current Out of School Hours Care (OOSH) operator, Open Arms Care, have advised the Department that they will cease operating the OOSH service at Urunga Public School when their licence ends at the end of Term 2.

Their last day of operation will be Friday 4 July 2025.

We are grateful for the service that Open Arms Care has provided to the school community for many years.

The Department is investigating solutions to provide access to before & after school care. We will communicate any updates as soon as they are available. At this stage, there has not been a replacement provider found, however, further updates will be communicated as they come to our attention.

More information:

Any further queries related to this change, can be directed to BASCreform@det.nsw.edu.au.

EISTEDDFODS

Our students have been very lucky to have been supported to participate in Coffs Harbour Eisteddfods recently. We had our Auslan Choir perform in the Signing Choir section. They did an outstanding job performing the song called We Are. Our school band performed in the School Band section and received an Honourable Mention from the judges.

Later this week, we will have our K-2 and our 3-6 dance groups competing in the Dance Eisteddfod. We wish both groups all the best.

I would like to thank our amazing team of teaching and non-teaching staff who have worked enthusiastically behind the scenes to create these wonderful opportunities for our students. In particular, I would like to thank Miss Hulbert, Mrs Buchanan, Miss Kyle, Miss Allman, Mr Freebairn and Mr Lee. Without their expertise and dedication, we would not be able to offer these extra-curricular experiences.

LEADERSHIP DAY - YEAR 6

Our Year 6 students have all been invited to attend our Bellinger Dorrigo Learning Community (BDLC) Leadership Day on the 27th of June at the Coffs Coast Adventure Centre. This event promises to be a day filled with challenges and inspiration, designed to empower our emerging leaders. An email went to parents and carers of our students who are registered to attend this morning, giving them a link to choose the preferred activity options for their children.

Students from Bellingen, Repton, Raleigh, Crossmaglen, Orama, Dorrigo, Hernani, and Dundurrabin Public Schools will come together for this special occasion. Additionally, students from Bellingen High School will take on leadership roles throughout the day, guiding and supporting our Year 6 participants.

As part of their commitment to becoming effective school leaders, students will engage in ongoing training and learning about leadership. This experience will not only broaden their understanding of leadership principles but also expose them to exciting team-building activities. Furthermore, they will have the opportunity to connect with like-minded peers from across our Learning Community, fostering collaboration and camaraderie among future leaders.

We encourage all Year 6 students to embrace this opportunity and look forward to seeing the positive impact it will have on their leadership journey.



NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



ATTENDANCE

NSW Department of Education

Why attendance matters

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







Make friends



Build skills through fun





FREE AUTISM WORKSHOP - COFFS HARBOUR

Positive Partnerships is conducting a one-day Autism Workshop for parents, full-time carers, and grandparents on 25th June from 9:15 am to 3:00 pm at Opal Cove. The workshop will cover:

- •The diversity of autism.
- Sensory processing.
- •Working together with your child's school.

If you are interested in attending, please register by following the link provided in the flyer included later in this newsletter.

PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled 'The Liking Gap: Helping Kids Feel More Confident in Relationships'. It provides insights on how parents and carers can empower their children to develop and maintain healthy relationships and to make connections and reduce anxiety.

Thank you for your ongoing support. Take care. **Jane Martyn**



NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

Stage 3 Fundraising Update: What a Team!

We are absolutely blown away by the amazing response from our school and local community in supporting fundraising efforts for the Stage 3 Canberra excursion. Thanks to your generosity and energy, we are well on our way to reducing the cost for families — and giving our students an unforgettable learning experience in our nation's capital.

Our mega raffle is overflowing with phenomenal prizes, and the Election Day BBQ and cake stall was a massive success. Whether you volunteered your time, baked a treat, or sold raffle tickets — thank you! Your efforts have truly exceeded expectations.

We're also mindful of how jam-packed the Stage 3 calendar is right now, with sports competitions, music eisteddfods, and more. But we have two more exciting fundraising opportunities coming up — at the Urunga and Bellingen Markets in June.

While Stage 3 families have already received details, we'd love to open the invitation to the whole school community. These kinds of fundraisers benefit every group of children as they move through Stage 3 — a real rite of passage!

If you're keen to help out, please get in touch with the school office. I'd love to have a chat with you and share how you can get involved.

We are so proud of the community spirit that shines through at our school. With your support, we can achieve something truly special for our students.

Let's do this — together!

MARKET DATES:

Urunga Riverside Markets - Sunday 8th June Bellingen Community Markets - Saturday 21st June





MNC CROSS COUNTRY

After being postponed due to wet weather and relocated to Woolgoolga, the Mid North Coast Cross Country Carnival was finally held at the impressive Wiigulga Sports Complex.

Urunga Public School was proudly represented by 18 enthusiastic students who competed as part of the Bellinger Nambucca District team. On what turned out to be a perfect day for running, all students gave their best effort and enjoyed a fantastic day of racing.

A special congratulations goes to Tex, Kobi, and Kai, who have qualified to compete at the upcoming North Coast Carnival — a fantastic achievement!

Tex ran an outstanding race to take 1st place in the 11 Years Boys event, with Kobi also performing strongly to finish 4th in the same race. Meanwhile, Kai impressed in the 8/9 Years Boys event, securing 6th place.

Well done to all our runners — your determination and sportsmanship were outstanding! We wish Tex, Kobi and Kai the best of luck for the next level.



SCHOOL PHOTOS - GROUPS

School photos were handed out last week. It is always great to see the changes a year makes! As well as receiving individual photos, our group photos are also now available to order.

These group photos can be viewed and ordered online at www.theschoolphotographer.com.au

using the online ordering code: $\bf 25S60501PR53R$ with the QR code to the side.

The photo prices are:\$20 each, 2 for \$36, 3 for \$48, 4 for \$60 or 5 for \$72. The photos will be available to view and purchase ONLINE ONLY.

Below are small black and white versions of the photos you can see online (all photos are colour online).













COFFS HARBOUR INSTRUMENTAL EISTEDDFOD

On Friday 30th May, a group of very excited students met in the D Block theatre at the CHEC campus in Coffs Harbour early in the morning. The event was the Schools Section of the Coffs Harbour & District Eisteddfod.

The UPS Senior Band were the first performers of the day in the Primary Schools section. Our performance piece was *In the Hall of the Mountain King*, a very well-known orchestral piece written by Norwegian composer Edvard Grieg and arranged for our school band by Hazel Buchanan. Senior Band excelled themselves with a very dynamic performance and were awarded an Honourable Mention by the adjudicator, Ms Jenny Gogolin.

The other competitors in the section were Bellingen Concert Band and two string ensembles from Bishop Druitt College.

Our thanks to Ms Hulbert for taking care of our students on the day, also to Mr Pollard for transporting our marimbas and other equipment and to Mr Freebairn for helping load up. Senior Band were an absolute credit to the school both musically and with their enthusiasm and excellent attitude.

On Saturday, four of those performers were back in Coffs Harbour, this time at the Conservatorium, for the solo section of the Instrumental Eisteddfod. Chilli, Hannah, Harrison and Grace all played two solos each, accompanied by Anne Keogh on the piano. These students have been working very hard this year to prepare their performance pieces as well as learning their ensemble repertoire. A lot of practice has been happening at home! Congratulations to:

- O Hannah for 2nd Place in 12 years & under Strings: Composition Post 1900 and an Honourable Mention in 2nd/3rd Grade Strings;
- Harrison for Honourable Mentions in 12 years & under Woodwind: Composition Post 1900, and 2nd/3rd Grade Woodwind;
- Grace for Honourable Mentions in 12 years & under Novice, and Combined Wind/Strings Preliminary & 1st Grade;
- Chilli for 2nd Place in Combined Wind/Strings Preliminary & 1st Grade and an Honourable Mention in 10 years & under Woodwind: Composition Post 1900.

These students will all be taking AMEB exams in August. We wish them all the best with their preparation and performances.

Hazel Buchanan Woodwind Teacher and Band Director



MORE SPORTING UPDATES

District Touch Football:

After several rescheduled dates, the District Touch Football trials were finally held last Wednesday in Valla. Despite soft conditions underfoot, the event went ahead smoothly, and all fifteen of our participating students had a fantastic day representing our school with enthusiasm and sportsmanship.

We're proud to announce that five of our students—Lachie, Heath, Sonny, Sunny, and Neekeisha were selected to trial at the Mid North Coast (MNC) Touch Trials, which took place the very next day at the Coffs Harbour Synthetic Fields.

Although none of them were selected for the final MNC team, each of them gained valuable experience and represented our school with pride. Congratulations to all involved—we're incredibly proud of your achievements and dedication!

MNC Rugby Union Trials:

Unfortunately, the organisers of this event have let us know there has been a clash of bookings for the field that will be used for the MNC Rugby Union trials. The new date will be **Wednesday 11th June**. All other details remain the same.

District Soccer Trials (Boys and Girls):

These trials are being held at the Urunga Recreation Ground tomorrow Thursday 5th June from 10.30am—12.30pm. Students should have already returned their notes to the office.

PSSA Touch Football Knockout:

Both the boys and girls team will play their PPSA knockout matches next week. Notes will be emailed home soon.

GIRRWAWA - KEEP ON GATHERING

FRIDAY 6TH JUNE @ 8.30AM FRIDAY 20TH JUNE @ 8.30AM

IN THE SCHOOL LIBRARY, ALL WELCOME!

<u>NAIDOC WEEK</u> <u>30TH JUNE – 4TH JULY</u>

SAVE THE DATE:

Fri 4th July Smoking Ceremony & Community BBQ

ALL WELCOME

More details to come



LAWN BOWLS

On Thursday, 29 of our students had a fantastic opportunity to visit the Club Urunga for a special lawn bowls session. The visit was part of a new weekly program to help students learn the fundamentals of the game.

We were incredibly lucky to be introduced to drills designed by none other than Barrie Lester — an Australian lawn bowls champion who has represented the country over 250 times, including at the Commonwealth Games! Students rotated through a series of skill-based stations, spending around five minutes at each. They had a great time and really enjoyed the experience.

A big thank you to Lyn Tarrant, Helen Hoffman, John Davis, Mowie and the Board of Directors from the Club Urunga for making us feel so welcome. Thanks also to Miss Laura and Miss Jayden for supporting the students on the day.

We'll be heading back to the club every Thursday, and as the students build their skills, they'll eventually start playing full games. We're excited to see how their confidence and teamwork grow through this unique sporting opportunity!

Miss Reid











PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Week 1 (Term 2), 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.

- Max
- Sunny
- Sylvie
- Olivia
- Bridie
- Brody
- Hannah
- Aria
- Laila
- ★ Kaius
 - Harley
 - Sorren
 - Di'ontrae
 - Jaylen
 - Cherry





Positive Behaviour for Learning at Urunga Public School is for



EVERYONE, EVERYWHERE, EVERY TIME



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We are responsible

We are respectful

We are safe

PBL CLASS OF THE WEEK

At Urunga Public School, we take pride in promoting our **Positive Behaviour for Learning (PBL) values** of being **Safe, Respectful, and Responsible**. Each week, we recognise a **PBL Class of the Week**—a class that has demonstrated these values **as a team** throughout the week. The selected class enjoys a special visit from **Percy, our PBL mascot**, who spends the week learning alongside them. Teachers also reward their class in their own unique way to celebrate their efforts.

Choosing a class each week is never easy, as all of our students consistently show **positive behaviour and teamwork**. Congratulations to all our students for their ongoing commitment to making Urunga Public School a safe, respectful, and responsible learning environment!

Week 4
5/6 Indigo



Week 5 1/2 Green





ISSUE 5 | TERM 2 | 2025

The Liking Gap: Helping Kids Feel More **Confident in Friendships**

When I wrote my book about teen girls, "Miss-Connection: Why Your Daughter "Hates You", Expects the World, and Needs to Talk", I was astonished at how insecure girls felt in their relationships.

"I wonder if my friends really like me", one girl confessed. She was not alone.

It turns out that it's a very human challenge. We meet someone (or catch up with someone), and walk away from an interaction wondering if we said something silly or if the other person even liked us. This is incredibly common—not just for adults, but especially for kids.

Psychology researchers call it "the Liking Gap"—the tendency we have to underestimate how much others like us after an interaction. And research shows this gap starts young. Even children as young as four or five experience it - boys and girls.

Why it matters for your child

Think about your child at school:

- They meet new classmates.
- They wonder if they'll be liked.
- They say something awkward—or worry they did.
- · And then, they assume the worst.

This can lead to anxiety, loneliness, and even social withdrawal. Many kids believe their peers tolerate them rather than truly like them. Another girl in my book told me,

"I have a massive fear that everyone around me is just putting up with me until I leave them alone."

The tragedy is, most of the time, this belief is wrong. The science is clear: people generally like us more than we think.

What the research shows

A recent study from the University of Toronto found that across thousands of conversations, people consistently underestimated how much their conversation partners liked them. And the more anxious or insecure a person was, the bigger the gap.

In other words, your child is probably more liked than they realise—but they don't know it.

So what can we do?

3 Things Parents Can Do to Help Close the Liking Gap

1. They're Likely More Liked Than They Think

Children from about age 5 onward tend to underestimate how much others like them. When your child worries "nobody likes me," they're probably wrong! They won't believe you, but if you tell them to reverse it and ask them how much they like other people, they'll get your logic. When they understand the science, they are more likely to believe it.

Remind them that their natural tendency to miss positive social signals from peers becomes more pronounced as they get older, making tweens and teens especially vulnerable to social insecurity.

2. Focus on connection, not perfection.

Teach your child to stop keeping an invisible "friendship scorecard" in their head. Encourage them to focus on *being present*—listening, showing interest, and sharing kindly. Those are the traits people like most.

3. Build their confidence at home.

Self-esteem plays a huge role in the liking gap. Children who believe they have something valuable to say are more likely to connect with others and feel good doing it. Let your child's voice be heard at home. Ask their opinions. Validate their thoughts. Confidence in relationships starts in the lounge room before it shows up in the classroom.

One final thought

Most kids aren't struggling with being unlikable—they're struggling with *believing* they're likable. That's a mindset shift we, as parents, can gently guide.

Your child is probably doing better socially than they think. Let's help them see it.



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.

FREE EAR HEALTH CHECKS FOR CHILDREN

OTITIS MEDIA AWARENESS DAY

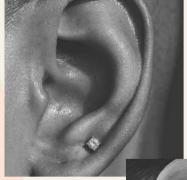
********* 19TH JUNE, 2025 *********

PARK BEACH PLAZA- 10AM-5PM

(BEHIND BOOST JUICE)

Is this your child? Frequent colds and ear

- infections.
 - Delayed speech
 - development.
 - Has difficulty concentrating in class. • Says "what" or "pardon"
 - often.





This is an initiative of the NSW Department of Education, NSW Health, Galambila Aboriginal Health Service and Hearing Australia.



a message for parents and carers

Mid North Coast NSW

As parents and carers, it is important to remember that disruption to school, activities, and routine can affect your child and young person's mood and wellbeing, as well as their ability to function at full capacity.

This also applies to us as parents or carers. Perhaps things that normally wouldn't bother you are now making you upset, angry, anxious, sad or frustrated.

These are common experiences at times like this and it's important that we remember other people might be feeling the same way.

Notice, Inquire and Provide

It is not unusual for you, your child or your young person to feel flat or a little less motivated. It is helpful to remember to **Notice** or pay attention to any changes in how we and/or our children and young people are.

You might **Notice** signs of reduced tolerance, fatigue, low mood, decreased motivation, changes to sleep, concentration or appetite.

It is important to check-in with yourself and your child and young person and to remember that changes to how you feel is usually a typical response to an unusual situation. Remember that what works for each of us is different.

Inquire and open a conversation with your child - ask about anything you've noticed or just how they are feeling.

Listen to their experience, try to make sure they feel heard and understood. Ask them how they are looking after themselves.

You might **Provide** support or gentle encouragement to reconnect with things that help them stay balanced and grounded. That might include reconnecting with people, exercising, resting, or taking time for things that are important.

Most importantly, remember that how you notice and look after yourself can be one of the most important ways you support your young person.

How to cope with the stress of natural disasters

It's common to need support after being in or witnessing flooding. There are specific things that are likely to be helpful for parents to know in the days and weeks following a natural disaster.

Tips for the initial days and weeks following a natural disaster:

During this time, it is important to encourage children and young people to do the things that make them feel physically and emotionally safe.

- · Connecting with friends.
- Engaging in activities that can distract or are enjoyable.
- Taking breaks from talking or thinking about the disaster constantly.
- It's more important than usual to focus on eating and sleeping well.
- Staying active.
- Re-establish routines where possible.
- If needed, allow yourself dedicated time to have conversations about your worries with trusted people.

Tips for the shorter and longer term following a natural disaster:

- Acknowledge that it has been a tough time.
- It's OK to remind yourself that the events were out of your control.
- Be patient with yourself. It can take time to make sense of what happened.
 It's OK to need someone to remind you that you're safe.
- Small routines, activities or goals are important. Building momentum with small wins is more manageable than only focusing on the large tasks. This could be daily activities, like attending school, work, sports or catching up with friends. It could be planning your day and trying to stick to that.

Things your child and young person might experience after a natural disaster

People can respond in very different ways, which can also change over time. Some people might feel OK immediately after the disaster but become overwhelmed later.

After a natural disaster children, young people, and adults can sometimes experience:

- · Procrastinating or neglecting responsibilities
- Risky behaviours self harm
- Physical signs that sometimes occur with extended periods of anxiety such as aches and pains, stomach and bowel discomfort, dizziness and increased heart rate
- · More frequent infections or sickness
- · General moodiness, depressed feelings and irritability
- Difficulty relaxing
- · Feeling overwhelmed with life
- Feeling lonely
- · Difficulty concentrating and making decisions
- · Feeling confused or 'foggy' with thinking
- · Negative outlook on life
- · Anxiety, worrying or racing thoughts
- · Eating more or less
- · Sleeping too much or too little
- Isolating themselves

Being aware of your child and young person's stress responses

Depending on your young person's experience, they may find that reminders of the event can trigger a spike in discomfort and anxiety.

Be aware of the triggers that remind them of how they felt during or after the disaster. This could include sounds, smells or images.

Seek support if you are worried about your child and young person

Parents and carers know their children and young people the best, so listen to your gut. Most people who experience traumatic events will recover and return to the routines and functioning they had.

Very strong emotions normally start to settle by about six weeks after the disaster. If you or your child and young person are having trouble with your emotions or usual daily activities, then consider seeking professional support.



If you are looking for mental health advice or support for anyone in your family contact NSW Health Mental Health Line on 1800 011 511. You can also find your nearest headspace centre, or for online and telephone support, visit headspace.org.au If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.



MACRO MUSTER 8



WITH RIVER Q&A PANEL

Count waterbugs to help protect the rivers!

FRI MAY 30TH 4PM-7.30PM BELLINGEN SHOWGROUND

COLLECT



Have fun!

COUNT



Learn new skills

DINE



Meet new people

WE NEED VOLUNTEERS TO COLLECT SAMPLES FROM NAMBUCCA AND BELLINGEN AREAS.

the biggest citizen science program of its kind in Australia

www.ozgreen.org/macromuster

















RBOUR FESTI



SUNDAY SEPT

COFFS HARBOUR SHOWGROUNDS



FESTIVAL FUN AT THE SHOWGROUND

- Food stalls • face painting •
- jumping castle •
- Ice cream truck & snow cones
- Kids' activities
- · community vibes! •

Event Options for All Ages & Abilities:

- >3km Family Fun Run/Walk 9:15am
- >5km Run/Walk 9:00am
- > 10km, Half Marathon & NEW Full Marathon earlier start times

The course winds through the beautiful Coffs Creek Walkway and Botanic Gardens, making it a perfect day out for families, students, and keen runners alike.

Supporting Local Kids Charities

In 2024, the event raised over \$62,000 for local causes and we're aiming even higher this year!













Register or learn more:









coffsrunfestival.com



1 Day Autism Workshop for Parents and Carers

Coffs Harbour, NSW



Scan the QR code or click here to register

Free workshop



This workshop is for parents, full time carers and grandparents.



Wednesday 25 June, 2025 9:15am to 3:00pm



Opal Cove Resort Opal Boulevard KORORA NSW 2450

Morning tea and a light lunch will be provided



Interpreters available upon request

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:





rramjan@positivepartnerships.com.au



0447 537 039



WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN URUNGA

Join the team who are prepared for anything

Comprehensive training is provided for all on-call firefighters, covering all aspects of the work involved to keep your community safe. You'll need to:

- Hold a current NSW driver's licence.
- Be an Australian or New Zealand citizen, or a permanent resident of Australia.
- Live or work within a reasonable distance from your local fire station
- Have daytime availability to respond to emergencies.









For more information or to apply, visit fire.nsw.gov.au/on-call or call 1800 347 437

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

