

# 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. 3      TERM 1 WEEK 7      WEDNESDAY 12th MARCH, 2025**

## IMPORTANT DATES

12-24 Mar	NAPLAN test window	Fri 21 Mar	PSSA Cricket against Frank Partridge
Fri 14 Mar	Girrwa-Girrwa @ 8.30am in Library	Mon 24 Mar	MNC Rugby League Opens Trials
17-21 Mar	Harmony Week - see flyer included for further details	Wed 26 Mar	School Photos - Full school uniform
Fri 21 Mar	Harmony Week - come dressed in cultural dress or something orange	Thurs 27 Mar	Soccer Gala Day @ Coffs Harbour

## WELCOME BBQ BREAKFAST

Last week, our school was buzzing with excitement as we welcomed parents and families to our 'Welcome BBQ Breakfast'. It was fantastic to see such a great turnout, with families connecting not only with their child's new teacher but also catching up with last year's teachers, friends, and fellow parents.

The BBQ was sizzling with a variety of delicious options, ensuring there was something for everyone. For those who preferred a lighter start to the day, a cereal and milk station was also available.

A huge thank you to Laura for her incredible effort in organizing and shopping for the event, as well as to all the dedicated staff and additional helpers who put on aprons and took up tongs! A special shoutout to Ash and Miss Reid for keeping the BBQ running smoothly.

What a fantastic way to start the year! We can't wait to create more memorable moments like this throughout the school year.





## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



Giinagay Urunga Community,  
I acknowledge the traditional custodians of this Gumbaynggirr land on which we live and work and 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.

### THANK YOU – Cyclone Alfred

I want to extend my heartfelt thanks to our community for your support over the past week as we navigated the challenging weather conditions brought on by Cyclone Alfred. Due to the risk of flooding and potential damage to infrastructure, our Department of Education classified schools on the Mid North Coast as non-operational.

I sincerely hope that our community has not faced significant impacts beyond these past few days. Please remember, we are here to assist any families in need, so don't hesitate to reach out.

A special thank you goes out to our dedicated staff for their swift creation of home learning packages for our students on such short notice. I would also like to express my appreciation to our parents and community for their continued support.

It was wonderful to see some families sharing photos of our students engaging in learning from home. Some of these are included inside the newsletter.

### NAPLAN

Despite the disruptions caused by the adverse weather over the last week, we are still in a position to be able to commence our NAPLAN testing for Years 3 and 5 from today, Wednesday 12<sup>th</sup> March. Please ensure that your children are attending school, unless of course they are unwell.

### MEET THE TEACHER BBQ BREAKFAST – Thank You

We would like to extend our thanks to all the parents who attended our Meet the Teacher BBQ breakfast!

Your presence made the event a wonderful opportunity to connect and strengthen our school community. It was a pleasure to see so many familiar faces and to welcome new families. The conversations and connections formed during this event are invaluable as we work together to support our students' growth and success.

Thank you once again for your involvement and support. We look forward to a fantastic school year ahead!

### PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled **'Help! My Child Has Been Replaced by a Human Shrug!'** which focuses on developing respectful relationships.

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







## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

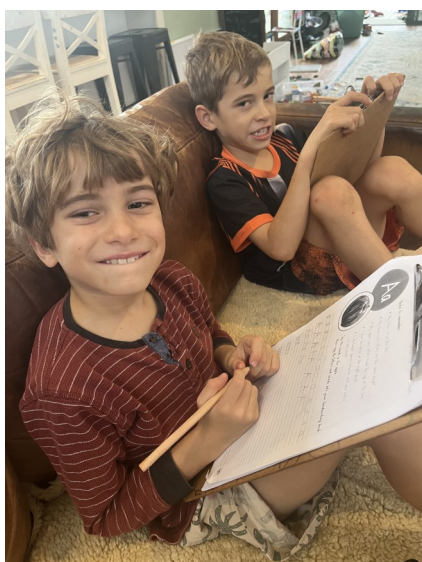
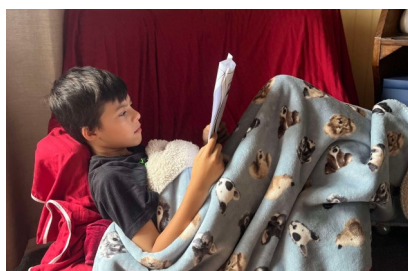
### Celebrating Our Students' Home Learning



We are excited to share some wonderful photos of our students engaging in home learning over the past few days while the school was temporarily non-operational. It's been inspiring to see how our students, with the support of their families, have continued their learning journey at home.


A big thank you to all the families who have dedicated their time and energy to support their children's education. This partnership between home and school is so important, and we're grateful for your involvement.

We are proud of our students for their creativity, resilience, and hard work, even outside the classroom. Enjoy these snapshots of our students thriving at home, and let's continue to support their growth together!





## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH



**HARMONY WEEK 2025**

**MON 17TH MARCH**  
HARMONY AWARDS AT MORNING ASSEMBLY

**TUES 18TH MARCH**  
HARMONY INSPIRED GARDEN CLUB

**FRI 21ST MARCH**  
WEAR CULTURAL DRESS, SPORT TEAM UNIFORM OR ORANGE  
AFTERNOON (TIME TBC) WALK TO THE RIVER WITH WORLD DANCE  
PERFORMANCES FROM PERFORMING ARTS CLASSES (CAPA)

**ALL WEEK**  
WHOLE SCHOOL ART PROJECT TO CREATE A HARMONY TREE

**COMMUNITY SURVEY**  
YOU ARE INVITED TO COMPLETE THE VOLUNTARY  
ONLINE SURVEY ABOUT CELEBRATING THE  
CULTURAL DIVERSITY IN OUR SCHOOL

**EVERYONE BELONGS**

**GIRRAWA-GIRRAWA**

KEEP ON GATHERING

FRIDAY 28TH MARCH @ 8.30AM

FRIDAY 11TH APRIL @ 8.30AM

IN THE SCHOOL LIBRARY. ALL WELCOME!



## MNC BASKETBALL TRIALS

Last Wednesday, just ahead of Cyclone Alfred, three of our talented basketballers - Nicholas, Sonny and Nixon—travelled to Woolgoolga to trial for the Boys Mid North Coast Basketball Team. They showcased impressive skills and sportsmanship throughout the day, competing at a high level against top players from the region.

After a full day of intense trials and competition, we are thrilled to announce that Nicholas has been selected for the Mid North Coast team! He will now advance to the next stage, trialling for the North Coast team next week.

Congratulations, Nicholas! We wish you the very best for the next level of competition. Well done to all three players for their hard work and dedication!



## SCHOOL PHOTOS

School photos will be held on Wednesday 26th March.

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

**Sibling envelopes** are available from the front office.

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

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

## STEWART HOUSE

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!



## STEWART HOUSE

### CHARITY DRIVE

Stewart House provides essential medical care, confidence-building activities, and a supportive environment where public school children in need can reset, thrive, and embrace a brighter future.



**Envelopes must be returned to enter the draw!**

**Draw:** Friday, 23 May 2025

### Important:

Online payments ARE NOT an automatic entry into the draw.

Please return your envelope(s) to your school with a receipt number (if paying online) for entry in the draw.



## 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 opened on **Monday 3rd March** and will close on **Friday 28th March**. If you have not already completed this process, please do so as soon as possible. Thank you to those who have already submitted their expression of interest.

## EASTER RAFFLE

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

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

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

Please drop any donations as well as your sold tickets into the school office before Wednesday 9th April.

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





# P&C News

## Join Us for the P&C AGM Make a Difference in Your Child's School Community!

We invite all parents, grandparents, and carers to attend the **Parents & Citizens Association (P&C) Annual General Meeting (AGM)**, scheduled for **Wednesday, April 9th, 2025 at 5:00 PM in the school library**. This is a fantastic opportunity to get involved, make your voice heard, and play an essential role in shaping the future of our school community.

At the AGM, **all positions will be declared vacant**, and we are incredibly hopeful that **new members** will join our dedicated team. The P&C is the *voice of the parents*—it's where key decisions are made that directly impact your child's experience at school. These meetings are held in close consultation with the Principal and staff to ensure that the needs and interests of our students are always a top priority.

Our current P&C team is small, and we're seeking **fresh faces** and **new ideas** to bring even more energy and creativity to our efforts. Whether you have a few hours to spare or want to take a more active role, your unique skills and perspective can make a huge difference!

This is your chance to be part of something truly special—helping to improve the educational experience and wellbeing of our children while connecting with other like-minded families. Your involvement matters, and together, we can achieve great things for our school.

We look forward to seeing you there and welcoming new members into our team! Let's make a positive impact together!

The poster features a light grey background with abstract blue brushstrokes. At the top center is the Urunga Public School logo, which includes a stork carrying a bundle and the text 'URUNGA PUBLIC SCHOOL' and 'SUCCESS WITH HONOUR'. Below the logo, the text 'URUNGA PUBLIC SCHOOL P&C AGM' is written in large, bold, black capital letters. Underneath this, the date and time 'Wed 9 April 2025 5pm-6pm' are enclosed in a blue oval. At the bottom, the text 'Urunga Public School In the Library' is written in a smaller font, followed by 'All Welcome!' in bold black capital letters.

URUNGA PUBLIC SCHOOL  
P&C  
AGM

Wed 9 April 2025 5pm-6pm

Urunga Public School  
In the Library

All Welcome!



# Join Our School's P&C

## What Does the P&C Do?

The Parents & Citizens Association is the voice of the parents.

It is at P&C meetings that decisions affecting your child at school are made (in consultation with the Principal and staff).

**Our team is small and we need new members to bring their fresh ideas and skills to benefit students!**

### P&C Associations are a great way to:

- Help the school acquire resources for students, through fundraising projects or grants
- Get to know the Principal and other teachers that attend the P&C meetings, and get firsthand information on what is happening in the school
- Voice your opinion on school developments and activities
- Influence School Policy - want to change something in the school? Lobby through the P&C!
- Get to know other parents and the greater school community

### What Does the Urunga Public School P&C Do?

- Our P&C manages the canteen and school uniform sales, & employs a Canteen Supervisor
- Our fundraising events can include:
  - Mothers' & Fathers' Day stalls
  - Sausage Sizzles & Cake Stalls
  - School Discos
  - Colour fun runs
  - Market stalls or fundraising
  - And much more!

### What has the P&C funded for the school recently?

- Some things the P&C has funded over the past couple of years:
  - \$2000 towards Stage 3 excursions
  - Fully funded Healthy Harold
  - Hats for the kinder kids
  - Basketball hoops for the juniors
  - Contributions towards school swimming for Stage 2
  - School flag for sports carnivals
  - Thank you staff lunch at the end of the year

## Want to attend a meeting or join the P&C?

Everyone is welcome to come along to a meeting, or join the P&C! The more the merrier.

Meetings are announced in the school's Newsletter and on the school Facebook page, or simply email the P&C on [urungapandc@gmail.com](mailto:urungapandc@gmail.com) to get added to the mailing list, or to request more information.



## PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Weeks 5 and 6, 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.

- Jade
- Ethan
- Izzy
- Leah
- Sorren
- Liam
- Jaxson
- River
- Jack
- Laylah
- Cara



Positive Behaviour for Learning at Urunga Public School is for

EVERYONE, EVERYWHERE, EVERY TIME



We are  
**responsible**

We are  
**respectful**

We are  
**safe**

# Help! My Child Has Been Replaced by a Human Shrug!

## *The Simple Tricks That Get Kids Talking at Any Age*

Your child climbs into the car after school, and you eagerly ask about their day. You're genuinely excited to see them.

The response? A mumbled "fine"... and that's it. Whether you're facing a tight-lipped five-year-old who's suddenly turned into a mime artist or a teenager who communicates exclusively in shoulder shrugs, cracking the code of kid communication can feel like trying to solve a Rubik's cube in the dark.

But here's a ray of hope: research from the *Harvard Family Research Project* reveals that persisting with open dialogue doesn't just improve today's family dynamic—it weaves stronger decision-making abilities into your children's future and creates family bonds that can weather any storm. In short, it's worth the effort to make conversations happen.

If you pause and think about it, though, you'll find that they usually do happen. Often more than we realise.

## Understanding the Science Behind the Silence

While teenagers often cop the blame for becoming human clams, the truth is that children of all ages surf waves of uncommunicativeness. Our littlies might be wrestling with emotions bigger than their vocabulary can handle. Or they're tired and don't want to talk. Primary schoolers often retreat into quiet harbours when navigating the choppy waters of friendship dramas or classroom challenges.

For teenagers, there's fascinating brain science at play. The adolescent brain undergoes a dramatic renovation project—imagine trying to have a quiet chat while major construction work is happening upstairs. Their emotional responses are cranked up to eleven, while their ability to regulate these feelings is still very much a work in progress.

The truth is we often don't feel like talking either. When you walk into the house at the end of the day and your spouse or partner expectantly encourages you to "tell me about your day", do you open up and spill it all? If you're like most of us, you want to get in the door, get settled, and tick off a few things like dinner, washing, and getting kids to bed. And you're about ready to talk when you're lying horizontally in bed.

## Making Connection Easier: Practical Strategies That Work

The good news? There are tried-and-true ways to pierce this bubble of silence, no matter your child's—or no matter how you're feeling.

### Create "Side-by-Side" Moments

Magic often happens when you're not eyeball-to-eyeball. For younger children, it might be while their hands are busy with Lego or when they're elbow-deep in craft glue. With older kids and teens, car rides



become confession booths on wheels, and dog walks transform into walking talk sessions. These moments, free from the spotlight of direct eye contact, often unlock the floodgates of conversation.

## Master the Art of Active Listening

When your child does crack open the door to communication, resist the urge to burst through with solutions or life lessons. Instead, become their emotional echo: "That sounds really rough" or "I can hear how excited you are about this." This approach works whether you're validating a preschooler's theatrical meltdown over the wrong-coloured cup or a teenager's complex social algebra.

For younger children, physically coming down to their level can help them feel seen and heard. With teens, acknowledge their growing independence by treating them as the experts of their own experience—at least initially.

## Make One-on-One Time Sacred

In the whirlwind of modern family life, individual connection time often gets sacrificed on the altar of busy schedules. But carving out regular one-on-one time—even just 10 precious minutes—can work magic. For little ones, it might be bedtime stories where you do all the silly voices or morning cuddles that start the day with connection. With older children, it could be a weekly hot chocolate date or shooting hoops in the driveway as the sun sets.

## The Secret Ingredient?

*Your undivided attention.* Yes, that means letting your phone gather dust for a few minutes. This dedicated time whispers a powerful message: "In this crazy-busy world, you're worth pausing for."

Remember, nurturing open communication isn't about forcing conversations or expecting overnight miracles. It's about creating little pockets of safety where sharing feels as natural as breathing, whether your child is four or fourteen. Plant these seeds of connection consistently, water them with patience, and watch as they grow into something beautiful—a relationship that can withstand any season.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).

# 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.

**OAC Urunga OSHC  
Program**  
A space to



# Stay and Play

Where friendships can be made through fun, leisure based activities built on your child's interest.

available at

Urunga Public School

Monday - Friday

BSC 7.00am-9.00am

ASC 3.00pm-6.00pm

VAC 7.00am-6.00pm



**66552650**

to  
enquire about  
enrolment





# Friday Nights Just Got Exciting Play Rugby with the Snappers!



**Calling  
All Kids  
Ages 6+**

**EMAIL US  
COFFSRUGBY  
@GMAIL.COM**



## Play AFL in 2025 for the Bulldogs

No registration fees for all players who join any of the Bellinghen Bulldogs teams for the 2025 season (fees apply for Auskick programs).

Registration now open via PlayHq or scan the QR code.



Home ground : Burdett Park, Fernmount

Email : [bellinghenbulldogs@gmail.com](mailto:bellinghenbulldogs@gmail.com)

Ages : 8 - 17

FB : Bellinghen Bulldogs

Contact : via Facebook







# **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



# 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



# 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.