



Welcome

from Mrs Kaler (Principal)

Dear Parents and Carers,

I would like to inform you that I, Surinder Kaler, will be away for the next two weeks due to personal reasons. During this time, we are fortunate to have Mr. Nulty, an experienced teacher and executive staff member from Narranga Public School, joining our team. Mr. Nulty brings a wealth of knowledge and leadership experience, and I am confident he will provide great continuity and support for our students and staff.

Over the next fortnight, students across the school will be participating in a variety of assessments. These assessments are an important part of our reporting process and will help us prepare Semester 1 student reports, which will be shared with parents during our Parent-Teacher Meetings in Week 9.

Thank you for your continued support and understanding.

We have several exciting events coming up this term! Our Athletics Carnival will be held on Tuesday, 24th June, where all students will have the opportunity to participate and showcase their sporting skills and teamwork. Parent-Teacher Meetings are scheduled for Week 9, and we encourage all families to attend to discuss student progress and celebrate achievements. To finish the term on a high note, our Reward Excursion will take place on Thursday, 4th July, with students heading to Tenpin Bowling and Brelsford Park for a fun day out. Permission notes for these events will be sent home shortly—please keep an eye out in your child's bag!

SAVE THE DATE

Date	Event
Fridays Weeks 3 - 7	Tennis at Ulong PS
3/6/25	Police Youth Liaison Visit
9/6/25	King's Birthday Public Holiday
24/6/25	Athletics Carnival 8 years and up
2/7/25	End of Term Assembly at 2:20pm
4/7/25	Tenpin Bowling excursion Last Day of Term

Ex-Soldiers and RSL Members Visit



Last week, Ulong Public School was honoured to welcome special visitors from the RSL Sub-Branch, including ex-servicemen, who delivered an inspiring and educational presentation on the importance of commemorating significant days such as ANZAC Day. Our students were deeply moved by the stories and historical insights shared, especially as they had the chance to engage with real wartime memorabilia. These powerful, hands-on experiences helped bring history to life and fostered a deeper understanding of the sacrifices made by those who served. We are sincerely grateful for the opportunity to learn from our guests and thank them for their continued dedication to preserving and sharing this vital legacy of courage, sacrifice, and remembrance.

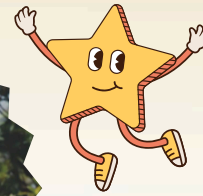
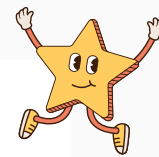
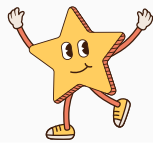
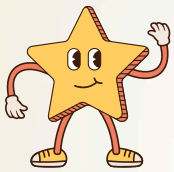


Congratulations

To our
Mulungy winners

for this fortnight:

Carter
Eliza
Shai



Science



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.





Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/ehespace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



Funded by



Mental Health Line
1800 011 511



24/7 Mental Health Line
Offers professional help and advice and referrals to local mental health services



13 92 76
13Yarn is a 24/7
Aboriginal &
Torres Strait Islander
crisis support line

GATHERED

IN ULONG



— POP-UP FOR CURIOUS MINDS —

We're bringing the library to you with fun activities,
STEAM, tech and creative chaos for everyone.

Scan the QR code to register. It's free.

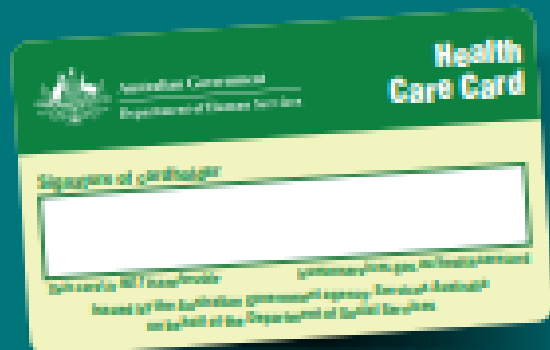


SATURDAY 21 JUNE
10-12PM
EASTERN DORRIGO
COMMUNITY HALL

**COFFS HARBOUR
LIBRARIES**



ROBOTICS. STEAM. TECH HELP. PUZZLES. BOOKS. LOADS OF CREATIVE FUN.



Do you have a health care card? You could be eligible for Saver Plus.

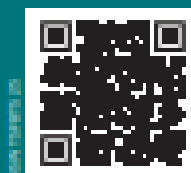
For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355 saverplus.org.au



NSW PENCARD



Do you have a pensioner concession card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355 saverplus.org.au



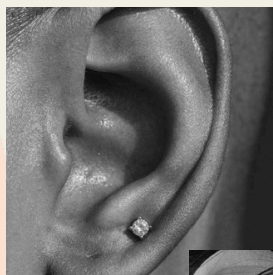
NSW PENCARD

FREE EAR HEALTH CHECKS FOR CHILDREN

OTITIS MEDIA AWARENESS DAY

19TH JUNE, 2025
PARK BEACH PLAZA- 10AM-5PM
(BEHIND BOOST JUICE)

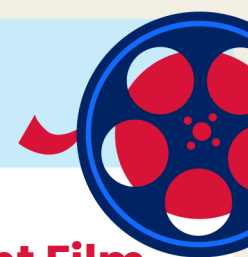
- Is this your child?
- Frequent colds and ear infections.
 - Delayed speech development.
 - Has difficulty concentrating in class.
 - Says "what" or "pardon" often.



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



The NSW Department of Education, Arts Unit
and the Coffs Harbour Network of Schools
present



FILM by the JETTY Student Film Festival

2025

Enter NOW!

- **Film by the Jetty** is a student film festival open to all NSW Department of Education school students from Kindergarten to Year 8.
- Films can be entered by a school OR individual students can enter their own films. Films do not have to be made at school.
- Rules? There are some rules, such as the 3.5 minute maximum film length and no breach of copyright - please email for a copy of the 2025 handbook which details all you need to know!
- Films can be filmed on a phone, iPad or any digital filming device.
- **Films DUE: Friday 15th August 2025**
- Selected films will be screened at the Jetty Memorial Theatre on Wednesday the 17th and Thursday 18th of September at a **RED CARPET** event and there will be prizes for the best films!



So, what are you waiting for? Let's get filming!
For further information contact Paula Buttenshaw,
at Karangi Public School on ph: (02) 6653 8284 or
email: karangi-p.school@det.nsw.edu.au
or visit the NSW DoE Film By website at:
<https://artsunit.nsw.edu.au/film-by>

