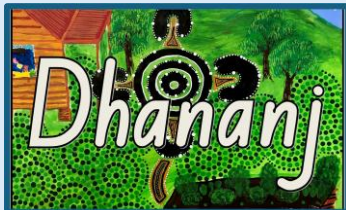


Term 3, 2025

Newsletter Week 8



SEPTEMBER

**Monday 15th –
Wednesday 17th**
3-6 Persuasive
Speeches

Tuesday 16th
Crazy Sock and Bake
Sale- Yr 6 Fundraiser



Friday 19th
Tennis @ Narooma
Select students I 3-6

Monday 22nd
Assembly 2:30 with
Najanuga performing

P&C 3:30

Thursday 25th
NRL Gala Day 3/4/5/6
Smyth Oval Narooma

Friday 26th
Last Day for Students

OCTOBER

Tuesday 14th
First Day for Students



What's The Time Mr Wolf?

It is always a joy seeing our children play timeless games!

Echidna at School

This little fellow was wandering across the playground and began burying itself under the rocks. All the children ran to take a look and appreciate how lucky we are to share our space with native wildlife.



Sporting Schools

We have engaged the wonderful Mel, who is a development officer with the NRL, to run sessions with all our students during Friday sport times. Mel is excellent at differentiating and catering for all levels of skill and ability. The children have been engaged and enjoying the lessons. Thanks Mel!

Check-in Assessments

Students in years 3-6 participated in online assessments for Reading and Numeracy on Tuesday, and Year 6 also had Writing on Wednesday. They were incredibly focused and determined to do their best. Great work!

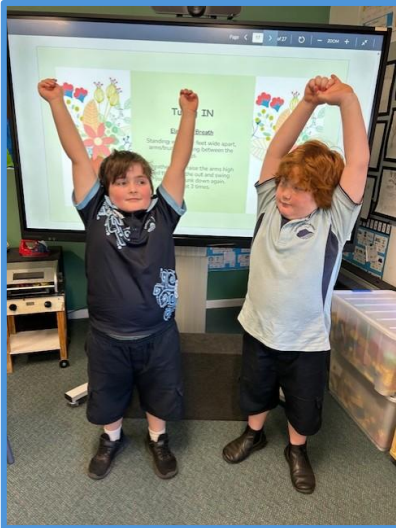
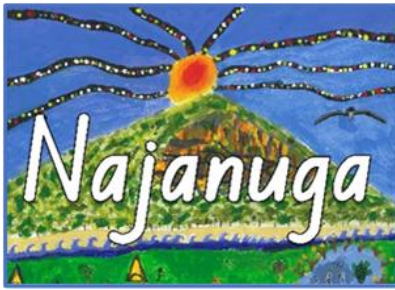


Year 5 Step Up!

While Year 6 were at the high school for a transition experience, Year 5 had a transition into leadership. They demonstrated their abilities to speak to the whole school as leaders, run the assembly and spin the privilege wheel.

Congratulations Forest!

Forest is always helping others, and she has the most beautiful manners and kind, gentle way of speaking to everyone. She is respectful, caring and safe.



Elephant Breath

Standing with your feet wide apart, arms/trunk dangling between the legs. Breathe in and raise the arms high and then breathe out and swing your arms/trunk down again. Repeat this 3 times.

Grow Your Mind
Each week during our Mindfulness unit K12 have been learning a new breathing technique. When we focus on our breathing it signals to our guard dog that we are safe and this allows all the other key parts of the brain to communicate effectively.



Darth Vader Breath

Breathe in deeply through your nose. Keeping your mouth closed, exhale while you make a Darth Vader type noise in the back of your throat. If you aren't a huge Star Wars fan, you could also call this the 'Ocean Breath' as it kind of sounds like the ocean. Repeat this 3 times.



Belly Breathing

Find a space in the room to lay down. Place 2 hands on your belly, as you breathe in your belly should lift, like a balloon inflating, and as you breathe out you should be able to feel your belly go back down. Repeat this 3 times.



Finger Breath

Hold out a hand and with the index finger of the other hand place it at the base of your thumb. Breathe in and trace up the thumb, then breathe out and trace down the thumb, continue this until you have traced your whole hand. That was 5 mindful breaths!



Shoulder Breath

In a seated position, breathe in and gently lift your shoulders to your ears. Hold your breath here for a moment, then breathe out rolling your shoulders back down. Repeat this 3 times.



Flower Breathing

Imagine there's a beautiful flower, maybe you're holding it or maybe it's in the garden. Take a deep breath in through your nose as you smell the flower. Then as you breathe out through your mouth, pretend you're going to blow away the petals. Repeat 3 times.



On Monday afternoon Year 6 students went to Narooma High School for a transition day. They had the choice of enrolling in either Food Tech or Agriculture where they had the chance to experience a peek what next year might look like for them.

In Food Tech, students made royal icing from scratch and used piping bags to decorate and add detailed designs to cookies!

Students in Agriculture had the opportunity to work outdoors where they got to feed cows, groom their fur and lead them across paddocks.

Will, Riley B, Gracie and Dylan went to a documentary screening at Narooma Library this week where they had the chance to see what life was like during the Gold Rush days in Bermagui. We learnt a lot about what life was like, the panning process and most interestingly about the Mystery of Mystery Bay!



Well done to all Barranguba students who brought in their persuasive speeches this week! We will be presenting them throughout Week 9 and we can't wait to be persuaded!



Cobargo Preschool wait list applications are now open for 2026 enrolments.
Please email cobargopreschool@gmail.com for more information and to request an application form.

~Cobargo Preschool Team~

BERMI Netball

DICKINSON SPORTSGROUND

COMP STARTS - TUES 14TH OCT

JUNIORS, INTERS AND OPENS-MIXED 16 OVER

REGISTRATION OPEN SOON



AO holiday programs
PRESENTED BY Weet-Bix

HIT THE COURT THESE SCHOOL HOLIDAYS

9am - 2pm daily / \$60 per day (includes bbq lunch)

NEXT GENERATION TENNIS

Bookings: 0414 753 941
www.nextgenerationtennis.com.au

Batemans Bay: Sep 30

Moruya: Oct 01 / 02

Narooma: Oct 03



The Adventures of Snugglepoot & Cuddlepie™

By May Gibbs



SCAN ME For more info

September 28th - October 3rd

In this outdoor theatrical adaptation the Gumnut Babies are on a mission to see a human - but only from a distance! Meet friends and foes including Mrs Kookaburra, Mr Lizard, Mrs Snake and of course, Little Ragged Blossom.

Bring a picnic blanket or a camping chair and enjoy the iconic stories of May Gibbs' beloved characters in beautiful outdoor locations along the NSW South Coast!

By Arrangement with:



©The Northcott Society & The Cerebral Palsy Alliance 2025



Botanic Gardens on Sunday 28th September

Spring CALENDAR OF FUN

29 September - 12 October, 2025

NAROOMA Swimming Centre

\$17 FAMILY ENTRY



Enjoy \$17 family entry to the pool all day!
(Usually \$27!)
*2 x adults & 2 x children
or
1 x adult & 3 x children

INFLATABLE DAY

Have fun with your friends on the indoor pool inflatable!
10:30am - 1:30pm
*Regular entry prices apply.

Blue Water Dr, Narooma 02 4476 2398 eurobodallapools.com.au

NAROOMA Swimming Centre

Spring CALENDAR OF FUN

29 September - 12 October, 2025

NAROOMA Swimming Centre

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

30	1 INFLATABLE DAY 10:30AM - 1:30PM	2	3 INFLATABLE DAY 10:30AM - 1:30PM	4 \$17 FAMILY ENTRY ALL DAY	5	6
7	8 INFLATABLE DAY 10:30AM - 1:30PM	9	10 INFLATABLE DAY 10:30AM - 1:30PM	11 \$17 FAMILY ENTRY ALL DAY	12	13

INFLATABLE DAYS 10:30AM - 1:30PM
*Normal pool entry fees apply

OPENING HOURS
MON - THUR 6am - 6pm FRI 6am - 4pm
SAT 8am - 2pm SUN 10am - 2pm