

Newsletter

10th November 2025

Upper Orara Public School

Term 4 Week 5

Upper Orara Public School community acknowledge the traditional custodians of the Gumbaynggirr land on which we stand and pay our respect to the elders past, present and emerging.

From the Principal's desk!

Ginnagay ngujawiny (Hello everyone),

Welcome to this fortnight's newsletter. We are pleased to introduce Zahra Kete to our school community as she begins her practical teaching placement with us. We look forward to supporting Zahra as she contributes her skills and enthusiasm in our classrooms.

Today, staff and students gathered for our Remembrance Ceremony, a meaningful occasion to honour and remember those who have served and sacrificed. It was wonderful to see our students demonstrate respect and reflection during this important event.

Looking ahead, our Leadership Speeches will be held at 2pm on Thursday, 27 November. We encourage all families to attend and support our student candidates as they present their visions for leadership roles within the school.

In week 8, our students will participate in the Swimming and Water Safety program. This valuable initiative helps develop essential skills for water confidence and safety, and we are excited to offer this opportunity. Further information will be sent home shortly.

Finally, please save the date for our upcoming Presentation Assembly on Tuesday, 9 December, starting at 5:30pm. This special event will celebrate the achievements and efforts of our students throughout the year. We look forward to seeing many families join us for my favourite occasion of the year.

Have a fantastic fortnight!

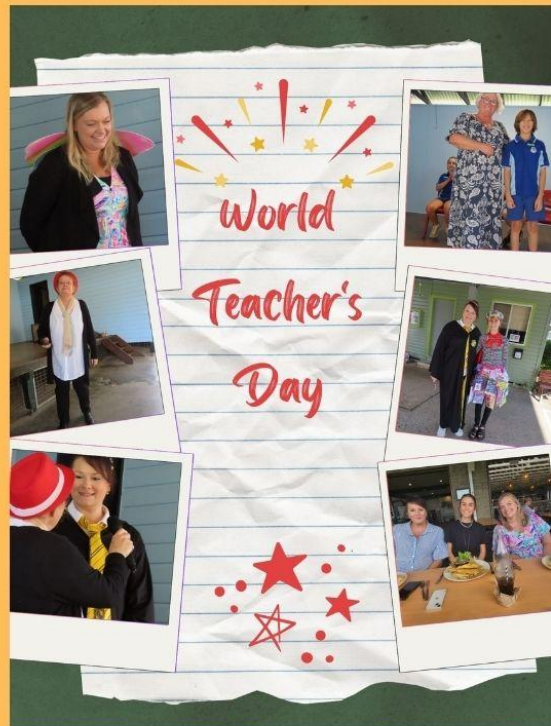
Joanne Goodenough

Principal



Variety Club

Last week the 2025 Variety Postie Bike Dash stopped in at school on their way to Dorrigo.



World Teachers Day

Last week we celebrated World Teachers' Day to honour and appreciate the wonderful contributions our teachers make to our school



LUNCHBOX SNACK



Sesame Puffed Rice Bars

Ingredients

- 3/4 cup tahini
- 3/4 cup honey
- 4 cups puffed rice
- 1 1/2 cups sunflower seeds
- 1 1/2 cups pepitas
- 1/2 cup sesame seeds

Method

- Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan.
- Place tahini and honey in a small saucepan over low heat. Cook, stirring occasionally, for 3 minutes or until honey has melted and mixture is combined.
- Combine puffed rice, sunflower seeds, pepitas and sesame seeds in a bowl. Add tahini mixture. Working quickly, stir until combined. Spoon mixture into prepared pan, pressing with the back of a spoon to level and compact (see notes). Refrigerate overnight or until set.
- Cut into 20 bars. Refrigerate until required.

This and other great lunchbox ideas are available from Taste.com.au or clicking on the link below

<https://www.taste.com.au/galleries/healthy-snacks-approved-kids/nflqozv?page=8>

