

Newsletter

16 February 2026

Upper Orara Public School

Term 1 Week 4

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.



Our Meet and Greet breakfast was very well supported; it was wonderful to see so many families join us. Thank you for being part of this special event.

Last Friday, our students participated in Clean Up Australia Day, learning firsthand about the importance of keeping our environment free from rubbish and taking responsibility for our community.

This year we have launched The Resilience Project. Teachers have commenced explicit teaching of this program in their classrooms. The project focuses on key themes of Gratitude, Empathy, Mindfulness, and Emotional Literacy to support our students' wellbeing.

Looking ahead, students in Years 3 and 5 will participate in NAPLAN 2026 starting on 11 March with the Writing assessment.

All students from Kindergarten to Year 6 will go surfing for sport each Friday weeks 6 to 8 at the Jetty, thanks to a Sporting Schools grant.

Our Year 6 students will also be attending a session at Nana Glen Public School where they will meet staff and students from Orara High School. This information session will give them a valuable chance to connect with their future high school peers and ask any questions they may have about starting high school.

From the Principal's desk!

Ginnagay ngujawiny (Hello everyone),

It has been a busy and exciting start to the year here at our school. Our 2026 student leadership team have proudly received their badges and have been formally inducted — congratulations to all our leaders!

We recently held our OVSS swimming carnival as well as the Coffs Harbour District swimming carnival. Tomorrow, some of our students will be representing the school at the Mid North Carnival swimming carnival. We wish all our competitors the very best of luck and know they will make us proud.

The Orara Valley Small Schools Cross Country carnival for students turning 8 years old or older will be held on 26 March at the Glenreagh Sportsground. Students who are 8-10 years old will run 2 kilometres and 11 - 13-year-olds will run 3 kilometres. Further information will accompany students' home shortly. As this is a long day for students who will not be running, we will have teacher support provided at school for those students who do not wish to participate.

To conclude the term, we will be holding our end of term assembly, followed by our annual Easter Hat Parade and Hot Cross Bun morning tea on Thursday, 2 April. We warmly invite all families to join us for these celebrations.

Thank you for your continued support as we work together to create a positive and engaging learning environment for all our students.

Have a fantastic fortnight

Joanne Goodenough

Principal, Upper Orara Public

PBL for Weeks 4 and 5

- ✚ **Week 4: Listening to the teachers' instructions.**
- ✚ **Week 5: Treat teachers and classmates with kindness and respect.**

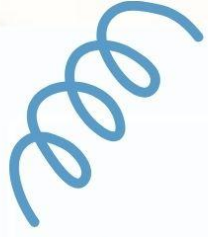
STUDENTS OF THE WEEK TERM 1, WEEKS 4 AND 5





LUNCHBOX IDEAS

MEATBALLS



- **Ingredients**
- 1 handful fresh parsley
- 1kg Woolworths Beef Mince
- 1 egg
- 2 tsp cumin powder
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp paprika
- 2 tsp pink salt flakes
- freshly ground pepper
- extra virgin olive oil, for frying



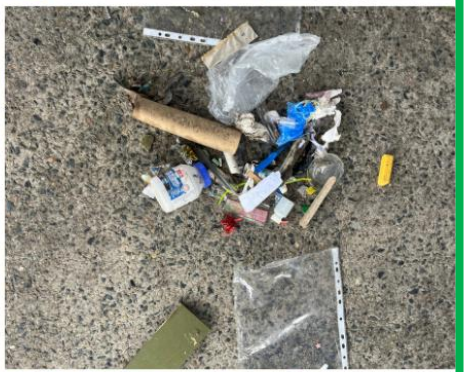
Method

- Chop the parsley until quite fine.
- Place all ingredients except the extra virgin olive oil into a large mixing bowl and get the kids into it.
- All the ingredients need to be well combined.
- Using wet hands, roll into small meatballs.
- Heat a frying pan to a medium-high heat and drizzle with extra virgin olive oil. Fry meatballs evenly until golden and well cooked. (If you prefer, you can bake the meatballs in a 180°C oven for around 10-12 minutes.)
- Cool before freezing in portion control sized packs.
- Send to school frozen, they will be thawed by lunchtime and help keep the rest of the lunch cool.

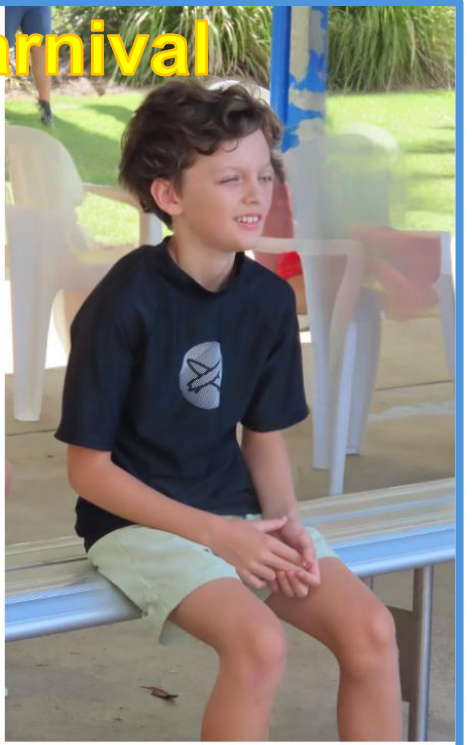




Clean Up Australia



CHD Swimming Carnival



CHD Swimming Carnival



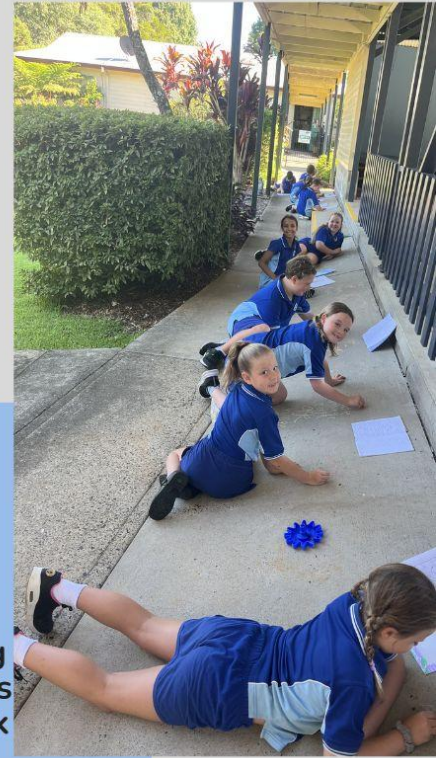
Stage 2 News

CLASSROOM



Spelling

This week in English, students have been exploring the /j/ phoneme and the different graphemes that represent this sound, including g, ge, and dge. As part of our learning, students went outside and wrote spelling words in chalk on the concrete, sorting and discussing words such as giant, page and bridge. This hands-on activity encouraged students to think carefully about spelling patterns, word position (for example, dge often appears at the end of short vowel words), and how the same sound can be represented in different ways. It was wonderful to see students collaborating, justifying their choices, and applying their understanding in an engaging and active way..



Where to next?

Next, students will investigate how the letter c can represent the /s/ sound, particularly when followed by e, i or y (for example, city, cent and cycle). We will practise sorting, spelling and applying these words in our writing to build confidence and accuracy.

K-2 Classroom News

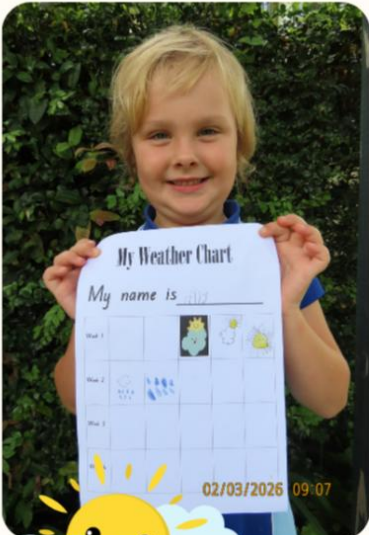
The students in K-2 have been learning about the changes in their environment and have begun to keep a record of what the weather is like each day. During our English sessions our mentor text has been 'We're going on a Bear Hunt'. It is a text that they are all familiar with, and it was funny to see the author act it out. As a class we are writing about going on a principal hunt and hope to share the story with everyone once it is finished.

In mathematics the focus has been on numbers and pattern making. It is wonderful to see the cooperative learning and improvement in understanding particularly in kindergarten. In The Resilience Project lessons, we are learning to identify and understand emotions and ways to express them to others using words.

The students are really looking forward to going surfing this Friday.

Thank you for supporting your child in their learning journey,

Mrs Clark



Term 1 2026 Calendar

Week 1	26		28	29	30
January	Public Holiday		SDD	SDD	SDD
Week 2	2		4	5	6
February	First Day back for students			OVSS Swimming Carnival	
Week 3	9		11	12	13
			Leadership Induction 9.00am		
Week 4	16		18	19	20
				Meet and Greet. Resilience Program Launch	
Week 5	23		25	26	27
			CHD Swimming		
Week 6	2	3	4	5	6
March		Mid North Coast Swimming		Mid North Coast Basketball	Surf School
Week 7	9		11	12	13
			NAPLAN	NAPLAN	NAPLAN Surf School
Week 8	16		18	19	20
	NAPLAN		NAPLAN	NAPLAN	Surf School
Week 9	23		25	26	27
				OVSS Cross Country	
Week 10	30		2	3	4
March/ April				Last Day Term One Assembly/ Hot Cross bun Morning Tea	GOOD FRIDAY/ School holidays