

URUNGA PUBLIC SCHOOL

BONVILLE STREET
PO BOX 21
URUNGA NSW 2455

EMAIL: urunga-p.school@det.nsw.edu.au
WEBSITE: www.urunga-p.schools.nsw.edu.au
TEL: 02 6655 6393



On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 13

TERM 3 WEEK 6

WEDNESDAY 27th AUGUST, 2025

IMPORTANT DATES

Thurs 28 Aug	Girrwawa@ 8:30am in the library	8-10 Sept	Healthy Harold Life Education Van Visit
Mon 1 Sept	Daari Gumburr @ Bellingen PS	Tues 9 Sept	North Coast Athletics
Wed 3 Sept	Yrs 5-6 'Being an eSafe kid: Use your safety skills of protection online' webinar	Thurs 11 Sept	Girrwawa@ 8:30am in the library
Wed 3 Sept	Kindy Orientation Open Night @ 5:30pm	Fri 12 Sept	Ignite / Careers excursion - Year 6
Fri 5 Sept	P&C Fathers Day Stall	Tues 4 Nov	Grandparents / Grandfriends Day

BOOK WEEK PARADE

Our annual Book Week Parade was a huge success! Students lit up the COLA with their amazing costumes, creativity, and smiles, proudly showcasing their favourite book characters. It was such a joyful sight to see so many students and staff getting into the spirit of Book Week.

The event was run by our very own Bilbo Baggins, Mr Narris, who kept the parade moving with plenty of music, fun and cheer. A big thank you also goes to our families, friends, and Urunga Preschool for braving the weather and joining us to celebrate. Your support helped make the day extra special.

As part of the fun, each class had a winner chosen for their creative costume. These lucky students received a \$15 Book Club voucher to enjoy choosing a brand-new book of their own. Congratulations to all our winners, and well done to every student and their family for the effort and imagination that went into their costumes.

It truly was a wonderful morning of celebrating books, reading, and creativity together.





NEWS FROM OUR RELIEVING PRINCIPAL MR MATT FREEBAIRN



Giinagay Urunga Community,

I would like to begin by acknowledging the traditional custodians of this Gumbaynggirr land on which we live and work. We pay our respects to Elders past and present and express our gratitude for the opportunity to learn and grow on their lands.

It has been a busy and exciting fortnight at our school, with students engaging in a fantastic range of learning experiences, including arts, sport and community events. From celebrating the joy of reading during Book Week to representing our school at regional sporting carnivals, our students have once again shown enthusiasm, resilience, and school pride. Thank you to our families for your ongoing support in making these opportunities possible.

BOOK WEEK

Despite the rain, our school was filled with an incredible range of colourful and creative characters for Book Week! Thank you to all of our families and community members who braved the wet weather to make the parade such a success. A special thank you goes to Mr "Middle-earth" Narris for his hard work in organising Book Week activities and library visits, the students thoroughly enjoyed celebrating the joy of reading.



SPORTING SUCCESS AND OPPORTUNITIES

Congratulations to our students who proudly represented our school at the Mid North Coast Athletics Carnival in Coffs Harbour. We are so proud of their effort, sportsmanship, and determination on the day.

Students also had the opportunity to participate in some fantastic clinics this term. The AFL clinic was a great success, with students learning new skills and strategies while having fun. Our NRL clinics also continued, giving students opportunities to build their confidence, teamwork, and game awareness. We value our ongoing partnership with our local sporting providers.

LEARNING & ASSESSMENTS

Over the last two weeks, our Year 1 students have completed the *Phonics Screening Assessment*. This important assessment helps us identify how well students are learning to connect sounds with letters, a key foundation in learning to read. The results support teachers in planning targeted learning activities to strengthen early literacy.



NEWS FROM OUR RELIEVING PRINCIPAL MR MATT FREEBAIRN



KINDERGARTEN 2026 – ENROLMENTS BEING TAKEN

Enrolments are now being accepted for kindergarten 2026 at Urunga Public School. We are looking forward meeting our new Kindergarten students for 2026. Our **Kindy Orientation Open night** is next **Wednesday 3rd September from 5.20pm-6.15pm** and all families, new and familiar are welcome to attend. If you have any questions, please call us on 6655 6393. Enrolment applications can now be accessed and submitted through our school website:

[Home - Urunga Public School \(nsw.gov.au\)](http://Home - Urunga Public School (nsw.gov.au))

PARENTING IDEAS / HAPPY FAMILIES

This week's Happy Families article is titled '**Three Conversations Every Family Should Master**'. It outlines three kinds of conversations that occur in every relationship. When we don't realise which kind we're in, we can easily talk past each other, instead of with each other.

THANK YOU TO OUR SCHOOL COMMUNITY

We sincerely thank our school community for the continued support you provide, whether it's attending events in rainy weather, encouraging students in their learning, or helping them participate in extracurricular opportunities. Your partnership makes a huge difference in the life of our school.

Take care and have a fantastic week,
Matt Freebairn (Relieving Principal)





NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

Kindergarten 2026 Open Night

Next Wednesday, 3rd September, we are excited to host an Open Night for Kindergarten 2026. This will be a wonderful opportunity for new families to:

- Meet some of our staff
- Explore our school grounds
- Learn more about what makes Urunga Public School such a great choice

If you have family or friends with children starting Kindy next year, please share this invitation with them. We look forward to welcoming our newest little learners! See the flyer on the following page for more Kindergarten 2026 information.

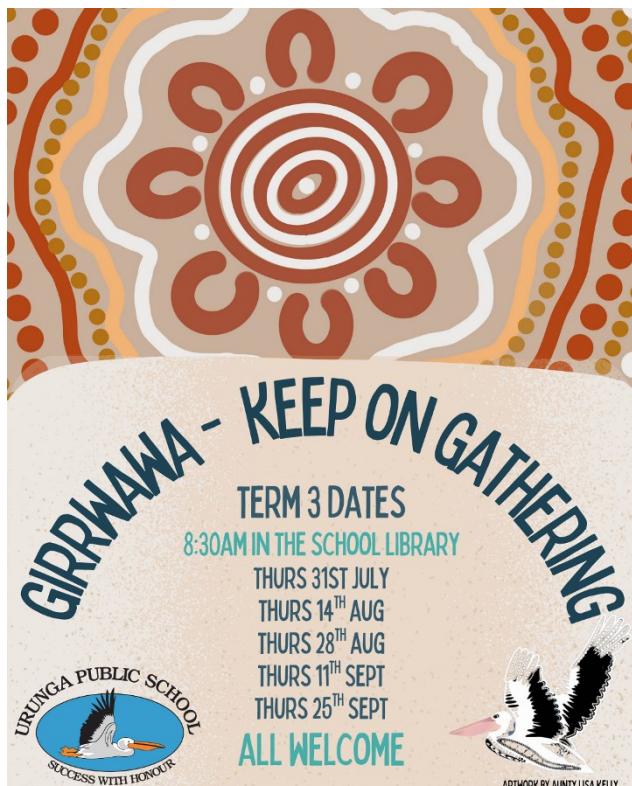
Thank You P&C!

Families with students in K–3 will have received information about an exciting excursion to Billabong Zoo in Week 10.

This special opportunity is made possible with the generous support of our P&C, who have contributed \$1000 towards the cost of buses. This means families won't have to cover as much of the expense, helping ensure every child can take part in this memorable experience.

We are so grateful that our P&C continually look for ways to support our school community and provide meaningful experiences for our children.

It would be amazing to see even more parents and community members involved with the P&C, so that opportunities like this can keep happening in the future.





NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH



ENROL FOR KINDERGARTEN 2026

PARENT INFORMATION NIGHT

WED 3RD SEPT

5:30PM - 6:15PM

- SCHOOL TOUR
- Q&A SESSION
- ENROLMENT PROCESS
- LIGHT REFRESHMENTS

PLEASE CALL THE
OFFICE ON
6655 6393
TO RSVP

WHOLE SCHOOL PERFORMANCE

WE WARMLY INVITE YOU TO JOIN US FOR OUR
WHOLE SCHOOL PERFORMANCE!

DATE: WED 17TH DEC

THIS FUN AND MUSICAL EVENT WILL BE A WONDERFUL
CELEBRATION FOR THE WHOLE FAMILY AND A GREAT
OPPORTUNITY TO SEE OUR AMAZING STUDENTS SHINE
ON STAGE. MORE DETAILS TO COME!

WE ARE EXCITED TO OFFER A COMPREHENSIVE TRANSITION AND ORIENTATION
PROGRAM FOR CHILDREN STARTING KINDERGARTEN IN 2026 AND THEIR FAMILIES.

ORIENTATION DATES



SESSION 1

THURS 23RD OCT

10AM - 11AM

STUDENTS & PARENTS



SESSION 2

THURS 6TH NOV

10AM - 11AM

STUDENTS ONLY



SESSION 3

THURS 20TH NOV

10AM - 11AM

STUDENTS ONLY



SESSION 4

THURS 4TH DEC

10AM - 11AM

STUDENTS & PARENTS

Book a Tour. If you are new to the school and would like to look around and chat with our team, we encourage you to call the office and organise a time!

Contact Info

Phone

02 6655 6393

Location

Bonville St Urunga 2455

Email

urunga-p.school@det.nsw.edu.au

Website

www.urunga-p.schools.nsw.gov.au



Scan to
complete your
Online
Enrolment for
Urunga Public
School



MID NORTH COAST ATHLETICS

Urunga Public School was proudly represented by a strong team of 21 athletes at the Mid North Coast Athletics Carnival last week. The event took place at Coffs Harbour International Stadium on a chilly, drizzly day, but the damp weather didn't dampen our students' determination.

Unfortunately, the high jump had to be postponed due to safety concerns on the wet surface and will now be held at Narranga Public School this Thursday. We wish the four students competing the very best of luck as they strive to qualify for the North Coast Carnival.

Our athletes gave their all across every event, showing grit, sportsmanship, and school spirit. A special congratulations goes to **Indie Crocker, Tex Hyde, and Artemi Pomroy**, who achieved outstanding results and will now represent the Mid North Coast region at the upcoming North Coast Athletics Carnival.

We look forward to seeing if some of our talented high jumpers will join them!



AFL CLINICS

Last Wednesday, all of our classes enjoyed a special AFL skills session with Matt and Dylan. Each class took part in a half-hour workshop where students had the chance to practise kicking, handballing, marking, and moving the ball around the field.

Matt and Dylan made the sessions fun and engaging, and it was fantastic to see students of all ages giving it a go and building their skills. The sessions also encouraged teamwork, persistence, and having a go at something new.

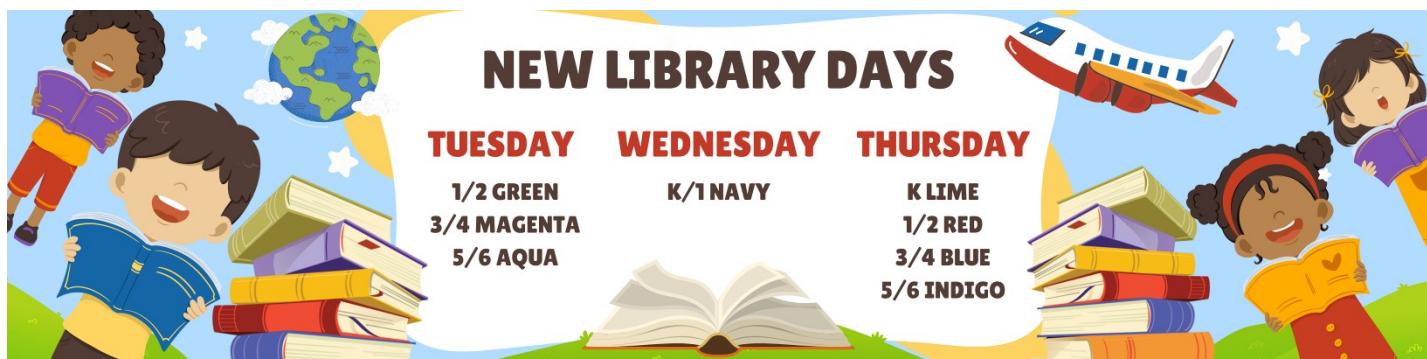


A big thank you to Matt and Dylan for sharing their time and expertise with us. Our students had a wonderful time learning a new skills set.

BOOK WEEK LIBRARY VISITS

Book Week celebrations began with our K-2 students enjoying a special visit to Urunga Library on Tuesday and Wednesday. Students loved exploring new books, sharing stories, and joining in a range of fun activities. It was the perfect way to celebrate the joy of reading!

A big thank you to the wonderful Urunga Library team, especially Alison, for making the visits so memorable.



WHOLE SCHOOL ASSEMBLY

Yesterday's whole school assembly was full of highlights and celebrations! We began by hearing from Mr Freebairn, who shared updates on all the exciting events and hard work happening across Urunga Public School. Following this, we were treated to a wonderful musical interlude, with Grace (clarinet) and Hannah (violin) performing the pieces they recently played in their AMEB music exams. Their performances were simply beautiful.

Hazel then had the pleasure of presenting certificates to some of our talented musicians. Congratulations to Grace and Chilli, who both passed their 1st Grade exams with honours, and to Harrison, who achieved honours in his 2nd Grade exam. Fantastic achievements all round!

Next up, 3/4 Blue delighted the audience with their hilarious synchronised swimming routine. With goggles and swimmers on, they "dove" right in, leaving the crowd giggling and thoroughly entertained. A big well done to 3/4 Blue for their creativity and teamwork.

Mr Sercombe and Miss Kelly then presented our fortnightly awards. The assembly concluded with Mr Ticli and Miss Reid announcing our athletics champions and the winning house for 2025. Congratulations to **Bellinger**, who took out the points in a very tight competition! The age champions were each presented with a trophy.

Athletics Champions

Junior Girl: Daisy Fitzgibbon
Junior Boy: Artemi Pomroy

11yr Girl: Neekeisha Cutmore
11yr Boy: Tex Hyde

Senior Girl: Harper Kedzlie
Senior Boy: Nicholas de Ruiter

Champion House: Bellinger



INVESTIGATING CONSTELLATIONS

K/1 Navy enjoyed exploring the night sky and making constellations for Science this week as part of their Earth and Space Unit. They also incorporated maths into the lesson but counting the number of stars in each constellation plus the number of lines of connection were made between the stars. The hardest part of the whole experiment was resisting the temptation to eat the stars!



LIFE EDUCATION - HEALTHY HAROLD

Healthy Harold is on his way to Urunga Public School! He will be visiting us and talking with each class from Monday 8th September until Wednesday 10th September. Each class will participate in a lesson appropriate to their age group.



The Life Education program covers topics including; drugs and alcohol, personal safety, cybersafety, food and nutrition, physical activity, social and emotional wellbeing and the human body.

The program is designed to engage students from an early age and to be sequential; delivered year-on-year, building on learnings throughout preschool and primary school into secondary school.

Further on in the newsletter you will find a flyer with a QR code and instructions on ordering merchandise if you wish. The ordering platform will close one day prior to Harold's visit, so if you are planning to order some goodies, please make sure all orders are in on time.

We would like to thank the Urunga P&C Association who have, again this year, generously covered the **full cost** of the Life Education Program for each and every student in our school.



P&C News – Canteen Ordering System Update

After listening to feedback from our wonderful families, and with some ongoing back-of-house challenges, it's time for an upgrade to our canteen ordering system.

From the start of Term 4, Urunga PS will be moving to Spriggy Schools.

- ★ Many schools have given glowing feedback about how user-friendly and convenient the app is.
- ★ Even better, Bellingen High School also uses Spriggy Schools, making it easier for families with children at both schools.

More details will be shared soon, so keep an eye out in your emails. But in the meantime, we ask that you please don't add too many extra funds to your wallet on School Shop Online.



URUNGA P&C

FATHER'S DAY

Stall



FRIDAY 5TH SEPTEMBER

The P&C are now gratefully accepting donations for our Father's Day Stall. Donations can be kindly dropped off at the school office.

*We are also looking for wonderful volunteers to help run the stall.
If you can spare some time, we'd love your help!*

Thank you for supporting our school community.



PBL CLASS OF THE WEEK

At Urunga Public School, we take pride in promoting our **Positive Behaviour for Learning (PBL)** values of being **Safe, Respectful, and Responsible**. Each week, we recognise a **PBL Class of the Week**—a class that has demonstrated these values **as a team** throughout the week.

The selected class enjoys a special visit from **Percy, our PBL mascot**, who spends the week learning alongside them. Teachers also reward their class in their own unique way to celebrate their efforts.

Choosing a class each week is never easy, as all of our students consistently show **positive behaviour and teamwork**. Congratulations to all our students for their ongoing commitment to making Urunga Public School a safe, respectful, and responsible learning environment!

**Week 5
3/4
Magenta**



**Week 6
1/2 Green**



PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Week 5 & 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.

- **Aria**
- **Koha**
- **Jarrah**
- **Leah**
- **Sam**
- **Jacob**
- **Grace**
- **Lachie**
- **Violet**
- **Koha**
- **Cameron**
- **Sunny**
- **Cali**
- **Jeanie**
- **Lilly**



Positive Behaviour for Learning at Urunga Public School is for



EVERYONE, EVERYWHERE, EVERY TIME



We are
responsible

We are
respectful

We are
safe

Three Conversations Every Family Should Master

Wouldn't it be amazing to become a *super communicator* with your children?

Imagine fewer misunderstandings, less conflict, and deeper connection—all because we learned how to communicate in a way that really lands with our kids.

In a recent conversation on the *Happy Families Podcast*, I spoke with New York Times bestselling author and Pulitzer Prize-winning journalist **Charles Duhigg**, who shared a simple yet powerful framework that can help parents radically improve their conversations with their kids.

Here's what every parent needs to know—and how to use it at home.

The Conversations Kids Remember Most

Think back to your own childhood. What conversations do you *remember* with your parents?

I don't bet. But if I did, I'd put money on the fact that the ones you remember most weren't when they gave advice or solved problems. Instead, it was when they *listened*. When you felt seen, heard, and valued. When you did more of the talking and felt their steady, loving presence.

Our kids don't need us to lecture. They need us to connect.

The 3 Types of Conversations

Charles Duhigg outlines **three kinds of conversations** that occur in every relationship. When we don't realise which kind we're in, we can easily talk *past* each other, instead of *with* each other.

1. Practical Conversations

These are about solving problems. "How do I fix this?" or "What should I do next?"

2. Emotional Conversations

These are about feelings. "I'm frustrated." "This is hard." "I don't feel understood."

3. Social Conversations

These define relationships and identity. "Where do I belong?" "How do we relate to each other?"

Important: If you're having a *practical* conversation and your child wants an *emotional* one, the connection breaks down. You can't connect when you're not having the same conversation.

So, How Can Parents Get It Right?

Here are three practical, easy-to-implement strategies you can start using today:

1. Ask Before You Answer

Before jumping in with advice, ask:

- “What kind of help do you need right now?”
- “Do you want me to listen, or would you like some ideas?”
- “Do you want to be heard, helped, or hugged?”

This one step changes everything. It helps you offer what your child *actually needs*—not what you think they need.

2. Use the W.A.I.T. Principle

W.A.I.T. = **Why Am I Talking?**

When emotions are running high or your child opens up, resist the urge to fill the silence with advice, correction, or stories from your own childhood. Instead, listen. Give space. Ask gentle questions. Let *them* do the talking.

3. Focus on Connection, Not Control

Your child will remember conversations where they felt respected and empowered. Not the ones where you had all the answers.

Try:

- “Tell me more about that.”
- “How did that make you feel?”
- “What do you think you’ll do next?”

Treating our kids as thinking, feeling individuals helps them become just that—confident, thoughtful, emotionally intelligent humans.

Great communication in families isn’t about *talking more*—it’s about *talking better*.

When we slow down, tune in, and understand the kind of conversation we’re having, we build stronger, more connected relationships. And that’s something every child needs—not just to behave better, but to *feel* better.

Listen more. Ask better. Connect deeper. That’s the heart of super communication.

Try this at home tonight:

When your child tells you about their day, pause and ask: “Do you want me to just listen, do you want to hug, or would you like me to help?” You’ll be surprised by how much closer you feel—just by asking the right question..



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.



Healthy Harold products

Bring Healthy Harold home with you



Healthy Harold Plush Toy
Small 20cm Large 35cm

\$8

\$15

Healthy Harold
Lunch Bag

\$14

Healthy Harold
Drink Bottle

\$10

Healthy Harold
Backpack

\$20

Healthy Harold
Value Pack

\$39.95



Healthy Harold
High Bounce Ball

\$3



Healthy Harold
Temporary Tattoo

50c



Healthy Harold
Pencil Case

\$5



Healthy Harold
Stikki Note Pad

\$1.50



Healthy Harold
Keyring

\$4

How to order Healthy Harold merchandise online:

- 1 **Visit the Healthy Harold Online Store:** Go to <https://bit.ly/haroldshop> to access the store
- 2 **Select your customer type:** Choose 'Parent/Carer ordering for child' to have your child's items delivered during their Healthy Harold visit at school.
- 3 **Place your order:** Once you've selected the items you'd like to purchase, simply add them to your cart and proceed to checkout.
- 4 **Important Dates:** Orders for the school delivery open six weeks before the Healthy Harold visit date, and **close one day prior**. Be sure to mark your calendars and place your orders in time!
- 5 **Delivery:** All orders will be conveniently delivered directly during your child's Healthy Harold visit at school.

Attendance Roadmap

Above 95% is our expected student attendance





Season
starts
19th October

URUNGA SLSC NIPPERS



Do you enjoy the beach, swimming or surfing?
Then Nippers is for you!



Join our vibrant, family-friendly club. We promote fun and safety at the beach whilst developing skills in water safety, first aid and leadership skills. Ages 5-13 years.

JOIN NOW

0408 665 822

urungaslsc.com.au

NEED MORE INFO

Contact Shane Fernie: jac@urungaslsc.com.au



[@encore_performingarts_academy](https://www.instagram.com/encore_performingarts_academy/)



ENCORE

Performing Arts Academy

Empowering our youth in the Nambucca Valley
with music and drama for all!

Drama / Music Theatre Group Classes
Individual Singing / Acting Lessons



encorestudio.info@gmail.com



PLUS, EXCLUSIVE AFL GOODIES



4 - 7 YEAR OLDS

Bellinger Valley After School Auskick

Mondays, Aug 18, 2025 - Sept 8, 2025

Urunga Recreation Reserve between 4:00pm - 5:00pm

USE CODE 41D57945 FOR 100% DISCOUNT*



*Code is only valid for 50 uses



PLUS, EXCLUSIVE SUPERKICK GOODIES



8 - 12 YEAR OLDS

Bellinger Valley After School Superkick

Mondays, Aug 18, 2025 - Sept 8, 2025

Urunga Recreation Reserve between 4:00pm - 5:00pm

USE CODE 41D57945 FOR 100% DISCOUNT*



*Code is only valid for 50 uses



MORE INFO: MATT CRAWLEY 0431877173 MATTHEW.CRAWLEY@afl.com.au



Saltwater Freshwater Arts Alliance

MID NORTH COAST ELDER'S STORY BOOK CELEBRATING OUR ELDERS EXPRESSION OF INTEREST

Saltwater Freshwater Arts Alliance are seeking Elders willing to share their story, a historical story or a contemporary story for inclusion in the MNC Elders Storybook. The project aim is to capture the voices of our Elders in a book format to ensure the intergenerational transfer of stories that may otherwise be lost.

The Elders Story Book project will run in September 2025 if you are interested in sharing a story for inclusion in the book please scan the QR Code below and fill out the jotform.

To be eligible you must be a recognised Elder living within the four Nations of the Saltwater Freshwater footprint (Karuah to Corindi) inclusive of the Worimi, Biripi, Dunghutti & Gumbaynggirr Nations.

For further information or a yarn about the project please call Michelle Flanders 6658 1315 or email michelle@saltwaterfreshwater.com.au

Proudly funded by the NSW Government through Create NSW





MACRO MUSTER 9



WITH RIVER Q&A PANEL

Help count waterbugs to help protect the rivers!

FRI OCT 24TH
4PM-7.30PM
BELLINGEN SHOWGROUND

COLLECT.



Connect with nature

COUNT.



Learn new skills

DINE.



Meet new people

The biggest citizen science program of its kind in Australia!

www.ozgreen.org/macromuster



BELLINGEN
SHIRE COUNCIL



Nambucca
Valley Council



IN PARTNERSHIP WITH
SAVING OUR SPECIES

Arbogreen





SCHOLARSHIP APPLICATIONS NOW OPEN!

WE HAVE THREE TYPES
OF SCHOLARSHIPS
AVAILABLE FOR YOUNG
PEOPLE -
- MERIT
- EQUITY
- FIRST NATIONS



APPLICATIONS CLOSE OCTOBER 6th, 2025

URUNGA

HOLIDAY

SESSION

Wednesday 1st October

*Speed, agility and race
preperation.*

9 am - Midday

Urunga Sports Fields



www.star-athletics.com/woopi/holiday-camps

Understanding E-Bike Rules in NSW



Understanding E-Bike Rules in NSW

- All riders and passengers MUST wear approved helmets, securely fitted and fastened.
- The electric motor must cut off when the bicycle reaches 25km/h.

Penalties:

- Fines from \$818 for illegal e-bike use.
- Fines for not wearing an approved helmet from \$410
- Riding under the influence of drugs or alcohol can lead to fines or imprisonment.
- On the spot fines for holding a mobile phone from \$410
- Penalties apply for negligent or dangerous riding.

Stay safe and ride responsibly!



A Help
Company



BELLINGEN
SHIRE COUNCIL

FREE URUNGA Emergency Redi™ Workshop

Working together to prepare for disasters

You're invited to attend a FREE community workshop delivered by Australian Red Cross.

This workshop will help you to prepare for emergencies. It provides you with an introduction to emergency preparedness, helps you start your own emergency RediPlan and gives you the information and tools to continue preparing yourself, and those you care about, for emergencies. As part of Help Nation, an NRMA Insurance initiative, this workshop will also help you learn about your local risks.

This event is supported by Bellingen Shire Council.

Date: Monday 29 September 2025

Time: 10.30am – 11.30am

Contact: Milo | 0417 979 378

Venue: Ocean View Hotel

15 Morge Street, Urunga NSW

To book your
spot, contact
us or scan here



Road Rules Awareness Week 2025

18-24 August



MOTORISED WHEELED DEVICES



NSW Police Force

Devices such as electric scooters, skateboards, and hoverboards are **ILLEGAL in NSW.**

Although a motorised scooter, skateboard, or hoverboard (electric or petrol powered) are considered motor vehicles, they do not satisfy the Australian Design Rules and for this reason, cannot be registered in NSW and are unable to be insured.

These devices cannot be ridden on roads, or road related areas (such as footpaths shared paths and cycleways) in NSW, except on private land.



Anyone caught riding a motorised device on a road or road related area in NSW can face fines starting from \$723

Further information is available at roadsafety.transport.nsw.gov.au



COFFS HARBOUR RUNNING FESTIVAL!

JOIN THE 2025

SUNDAY
14
SEPT

COFFS HARBOUR
SHOWGROUNDS



FESTIVAL FUN AT THE SHOWGROUND

- Food stalls •
- face painting •
- jumping castle •
- Ice cream truck & snow cones •
- Kids' activities •
- community vibes! •

Event Options for All Ages & Abilities:

- 3km Family Fun Run/Walk – 9:15am
- 5km Run/Walk – 9:00am
- 10km, Half Marathon & NEW Full Marathon – *earlier start times*

The course winds through the beautiful Coffs Creek Walkway and Botanic Gardens, making it a perfect day out for families, students, and keen runners alike.

Supporting Local Kids Charities

In 2024, the event raised over \$62,000 for local causes – and we're aiming even higher this year!



Register or
learn more:

coffsrunfestival.com



**FIRE +
RESCUE**

WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN URUNGA

**Join the team who are
prepared for anything**

Comprehensive training is provided for all on-call firefighters, covering all aspects of the work involved to keep your community safe. You'll need to:

- Hold a current NSW driver's licence.
- Be an Australian or New Zealand citizen, or a permanent resident of Australia.
- Live or work within a reasonable distance from your local fire station.
- Have daytime availability to respond to emergencies.



For more information or
to apply, visit
fire.nsw.gov.au/on-call
or call 1800 347 437

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


saverplus