

B C G

N N

Term 2 Week 6 1 June 2023

From the Principal's desk ...

Our Year 7-12 students have been travelling around Sydney this week, enjoying the sites of the city. How lucky are they to be in Sydney during Vivid, especially for the drone show last night. I don't know about you but I'm certainly jealous! I'd like to thank Mrs Cooper, Mrs Jackson, Mr Cattle, Mrs Ward and Miss Parkinson for giving up their personal time to take our students on the excursion. The students are having a great time and are making many memories that they can look back on in the future.

There's often some confusion as to the difference between being mean and being a bully. While it's crucial to address both mean behaviour and bullying in schools, it's equally important to differentiate between the two. Being mean involves hurtful behaviour that usually occurs once or twice. For example, a mean act might be a child making a negative comment about another's appearance. Bullying, on the other hand, is characterised by repeated harmful actions towards an individual over time, carried out with an intention to harm or dominate, and often grounded in a perceived power imbalance. This could involve consistent teasing, physical harm, exclusion, or online harassment. While both behaviours are unacceptable, understanding this distinction is crucial in determining the appropriate response and support required. We encourage you to come and talk to a member of staff if you have concerns about bullying or other student behaviour that may be an issue.

Well done to those students who competed at the Lower Lachlan Cross Country on Friday. Congratulations to Quin Mayall, Lincon Bryant and Thompson Rossiter who have qualified for the next stage to compete at the Western Cross Country in Orange. A huge thank you to our P&C for their efforts in running the canteen and to those people who donated their time or food.

We are keeping an eye on the weather for our Athletics Carnival next Wednesday. If we have too much rain we'll have to postpone the carnival until a later date. A decision will be made on Monday.

Until next week, Terrie Payne







Spotlight Thumbs up to the Secondary students for heir positive behaviour o

their positive behaviour on the excursion this week! We had a lovely phone call yesterday from the Education and Engagement Officer who took our students on the Cockatoo Island tour. She said they were engaged and interested, and a fantastic group of students!



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Ungarie Central School

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Term 2 Week 6					2 June Secondary Sydney Excursion returns Canteen: Mel Roberts	
Term 2 Week 7	5 Jun Canteen: Tegan Bussenschutt	6 Jun	7 Jun UCS Athletics Carnival	8 Jun	9 Jun SRC Ganmain Pie orders arrive CHS Western Tennis trials Canteen: Lisa Crofts	
Term 2 Week 8	12 Jun King's Birthday Public Holiday	13 Jun	14 Jun Sydney Recorder Excursion (3 days) WSSA Cross Country - Orange AFL Coaching Clinic K-6	15 Jun	16 Jun Scholastic Book Club Issue 4 due back Canteen: Kathy McKay & Shana Bennett	
Term 2 Week 9	19 Jun Yr 5/6 Leadership Group Athletics Carnival Back up date Canteen: Sarah Hale	20 Jun Whole School Assembly	21 Jun AFL Coaching Clinic K-6	22 Jun Spelling Bee Yrs 3-6	23 Jun End of Semester 1 Long & Strong Celebration- Griffith Canteen: Jess Gerhard	
Term 2 Week 10	26 Jun Primary Schools Cup Netball Griffith Yr 5/6 Leadership Group Canteen: Karen Rossiter	27 Jun	28 Jun School Leaders Excursion to Sydney	29 Jun Secondary School Cup Netball Griffith	30 Jun Last Day Term 2 Canteen: Vanessa Williams	

3/4: Hailey Ward, Isla Rossiter and Claudia Protheroe

Mrs Payne / Mrs Wilson: Neve Rossiter and Ava McClintock

Congratulations Hardworking Humbugs 10 Humbug High Five Awards







'HUMBUG HIGH FIVE' AND SPORTS AWARD RECIPIENTS FOR WEEK 5





POSITIVE BEHAVIOUR FOR LEARNING (PBL) PRIZE DRAW

Week 4 and 5 'Fast and Free' PBL draw. Congratulations to Hayden Ward, Max McClintock, Quin Mayall, Eva McCubbin and Tyler Crofts. Quin then spun the 'prize wheel' to win lunch provided for Yr 3/4 and Tyler won a mufti day for Yr 7/8.

















Harry Roscarel, Hugh Williams, Jackson Protheroe, Lucy Ward and Neve Rossiter have received their 'Hardworking Humbug' Awards after earning 10 'Humbug High Fives'. Congratulations to these students.







Piper Gerhard with the amazing Chrysanthemums grown by Matt Cooper. The fragrance was beautiful in the school foyer.



Recently secondary students attended a vaping workshop run by Amanda Johnson from NSW Health. Staff and students learned valuable information about the the dangers of unregulated industry and the numerous health risks they pose. Did you know one vape, which would be consumed on average over a week, contains the same amount of nicotine as 8 packets of cigarettes!! The health risks are truly horrifying.



Reuben West has swapped his School Based Traineeship from Electrical studies to Primary Industries. He will be working Tuedays on their farm "Belleforest". Pictured are Rachel Jackson and Jane Cooper from UCS, Reuben and his dad Ben and Jack McCaig from the Traineeship program.

Ungarie Central School

NSW PSSA AFL CHAMPIONSHIPS





We travelled to Batemans Bay on Tuesday 16th May to play with the Western team at the NSW PSSA AFL Championships from Wednesday 17th to Friday 19th May.

On Tuesday we got our uniforms and then had a training run. Some of the other players we had met last year when we played in the same team.

During the carnival we played against Sydney East, Barrier, North Coast and Hunter teams.

The best games were when we played Barrier (Western NSW area) in the rounds and the finals. We won both these games which meant we won 'The Red Dirt Cup' (pictured above).

On Wednesday night we had a team dinner at the Soldiers Club with the players and their families. We also went to the beach with our families, but not as a team as it was too cold.

The best part of the games was when I (Thomspon) kicked a goal, and I (Lincon) stopped a lot of goals from the other teams. We had a good time with the Western team and enjoyed playing at the carnival. Thank you to our parents for taking us. By Thompson and Lincon.



Photo top left: Thompson Rossiter and Lincon Bryant. Left: Action shots of Thomspon. Below: Actions shots of Lincon. Including Lincon's award for Sportsmanship and Fair Play throughout the carnival for the Western team. Interestingly both his brothers, Dustin and Noah also won this award when they played for Western at these championships.



YEAR 9/10 TEXTILES







Below: Gavin Ward, Kate Jackson and Chelsea Neilsen.

Australians produce 500,000 tonnes of waste textile products per year. Year 9/10 Textiles have been studying the impact 'upcycling' has on reducing this amount of waste. They have used tie dyed samples from their work on fabric decoration to produce small bags. Part of their research has involved viewing a news interview with former UCS student, and now Fashion Designer, Annette Clarke. Annette's designs focus on using sustainable fabrics, upcycling and often zero waste techniques.



LOWER LACHLAN CROSS COUNTRY



Back row: Ruby McKay, William Gerhard, Sam McClintock, Lincon Bryant, Caleb Thompson Protheroe, Jack Douglas, Rossiter, Isla Rossiter, Quin Mayall, Chelsey Spencer, Archer Hale. Middle row: Claudia Protheroe, Max McClintock, Fredrick Bussenschutt. Front row: Olivia Webster, Adelaide Ward, Dean Hale, Lucy Ward, Hayden Gerhard, Nathan Spencer, Samantha Spencer and Taylah Ward.











The Lower Lachlan Cross Country was held on Friday 26th May at Ungarie Central School. It was a cool windy day, however the track along the creek was very sheltered and enjoyed by the runners. It was great to see so many of our students give their best effort on the day.

Students who placed in the first six positions have qualified to compete at the Western PSSA Cross Country Trials in Orange on Wednesday 14 June 2023.

Congratulations to these UCS students: Quin Mayall – 3rd in 10 Yrs Girls 2km Thompson Rossiter - 4th in 11 Yrs Boys 3km Lincon Bryant – 5th in 11 Yrs Boys 3km

The overall winning school with the highest points was West Wyalong Public School. The handicap trophy was awarded to Wyalong Public School.

Many thanks to Jason Lewis for mowing, grading and setting up our cross country course. We would also like to thank our hard working P&C and school community for providing a wonderful canteen for everyone to enjoy on the day.



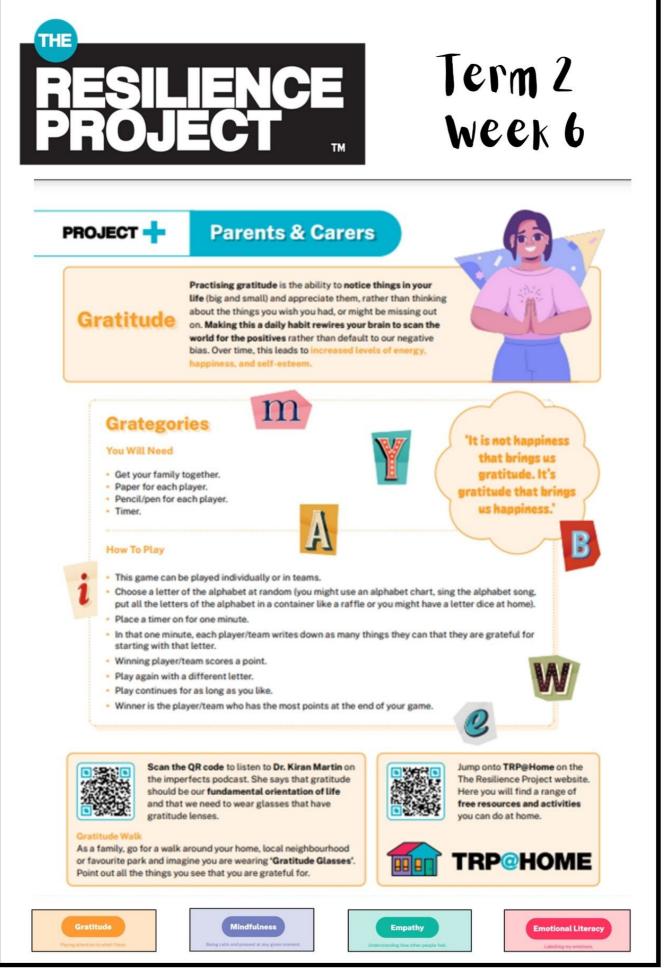






Year 2 have been learning about Gratitude and the things in their lives that they are grateful for. Gratitude is the act of being thankful and appreciating what you have in life. Rather than focusing on what you don't have or what you want, the focus shifts to all that you have.Year 2 spent time thinking about how lucky they are, and thought about all the things and people in their lives they are grateful for, even the smallest things.





UCS Hoodies Order Form

Ungarie Central School P&C have been working with staff and students to update the school uniform with a stylish, comfortable and quality hoodie.

The new hoodie design below has side pockets with zips for safe keeping and a lower style neck line for comfort.

To order a new UCS hoodie, please complete the form below and return to the Front Office by Friday 9th June.

Cost - \$60 each

Payment can be made via cash or direct deposit to: Ungarie Central School P&C BSB: 062-621 ACC: 10003982

Sizing - Kids 4-14 Adults XXS-7XL - Sizing charts available on the P&C Facebook page

Please note – As the hoodies are a custom item, we require a minimum number to place an order. Delivery time frame will be approximately 5-6 weeks. Additional orders will be placed on a needs basis. Please contact the Uniform Coordinator on 0404 774 098 with any questions.



UCS Hoodies Order Form - Please return to the Front Office by Friday 9th June

Family Name:

Contact Number:

Size	Quantity	Total

Total Cost: \$...... Payment Method (please circle): CASH DIRECT DEPOSIT Payment must be made prior or on collection of uniform items.

Thank you for supporting the P&C.

UNGARIE

UCS ATHLETICS CARNIVAL

WEDNESDAY 7 JUNE, 2023

* All students will participate in the **Ungarie Central School Athletics Carnival** to be held on Wednesday 7 June, 2023.

* If we have wet weather next week, our back up date for the carnival is Monday 19 June, 2023. Families will be notified via School Stream if the carnival is going to be postponed. * Students are invited to wear their team colours!

KURRAJONG = GREEN WILGA = YELLOW

* Students need to wear their joggers and hat. They need to have their water bottle, recess, lunch and Asthma medication if required. * The P&C Canteen will be operating on the day. Please refer to the published canteen menu: * Students who arrive at school will walk to the oval with staff. * Students travelling with parents should arrive by 9am for rolls to be marked at the oval. * All students will be involved in track and field events. * Under 8 year old students will have novelty events and return to UCS after lunch. * Parents and spectators welcome! * Please contact the front office if you have any questions.

Ungarie Community News

where Kids love to be

Attention Primary School Parents

Registration for TheirCare out of school care is required and is free. Registration is recommended for all primary school families and then if you require our service in an emergency or if you are running late for school pick up, the paperwork is already done. The teachers can just send the children to after school care where they will be safe and have fun.

To Register and book go to <u>www.theircare.com.au</u> and click on book now. Or you can ring 1300 072 410 and they will help you or ring Mary on 0400 103 314 and she will make a suitable time to help you online.

Operation Times		Fees*	Out of Pocket	Average^
Before School Care	7:00am – 8:30am	\$12.00	\$1.80 - \$12.00	\$1.80
After School Care	3:00pm - 6:00pm	\$20.00	\$3.00-\$20.00	\$3.00
Cancellation Fee	Same Day	Full Fee	See BSC/ASC	

More Info

0448 666 424 Mary Gregg

This service has government subsidies and is a wonderful opportunity for Ungarie Parents to work, study or attend appointments knowing their children are safe and having fun.

Mary Gregg is available each day at the school from 2.00 pm onwards for any enquiries and assistance.



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of homebased treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

- 🔇 (07) 3735 3351
- 🔀 cadrp@griffith.edu.au

griffith.edu.au/childhood-anxiety-treatment-study



Australian Government National Health and Medical Research Council



GU Ref No: 2019/146



Maintenance work is available at public schools across the Southern NSW region.

The NSW Government has committed to the largest investment in planned maintenance of public schools in NSW history. A record \$1.3 billion is being spent on an ambitious delivery program, with over \$100 million being invested to upgrade and maintain school infrastructure in the Southern NSW region.

Want to work with us? We welcome all local trade and suppliers to join us at our Griffith event.

egister your interest now:



When: Tuesday 20 June 2023 Where: Griffith Leagues Club, 2 Bridge Road Griffith



Time: 10:00 - 11:00AM



schoolinfrastructure.nsw.gov.au



UNGARIE BOWLING CLUB

Friday Night Jackpot Draw \$4,500 this week! ATM and Eftpos available



SPECIALS

Rump Steak \$20 Battered Fish \$12



All served with veg/salad or chips

Breakfast this Sunday 8am - 9.30am



Ungarie Magpies Football and Netball Club

<u>Upcoming Draw</u>

Round 9 - Sat 3rd June - No games this weekend as Ungarie has the bye. General Bye - Sat 10th June - King's Birthday Long Weekend Round 10 - Sat 17th June - Hillston @ Hillston

Training & BBQ - Wed 7th June

There will be football and netball training next Wednesday before the long weekend and a BBQ for all junior players.

Black & White Ball & 1983 Football Premiership Reunion - Sat 15th July Tickets are now on sale for the Black & White Ball & Reunion. Check out the Facebook page for more information.

<u>Results & Awards:</u> <u>Round 8 v West Wyalong Girral</u>

<u>Football</u>

<u>Auskick -</u> Canteen Vouchers - Leo McClintock & Mason Gray Water bottle - Marcus Murrells

<u>11s -</u> Ung 8.7 (55) def WWG 1.5 (11) Canteen Voucher - William Gerhard Pines Motel Voucher - Sam McClintock Magpies Bag Award - Archer Hale

<u>14s</u> - Ung 14.7 (91) def WWG 2.3 (15) Canteen Voucher - Asher Collins Pines Motel Voucher - Evie Henley Magpies Bag Award - Alex Margery

<u>17s</u> - Ung 4.8 (32) def WWG 4.7 (31) Canteen Voucher - Ryan Kelly Pines Motel Voucher - Reuben West Magpies Bag Award - Dustin Bryant

<u>Seniors -</u> Ung 5.4 (34) def by WWG 26.12 (168) Mug Award (sponsored by Hanlons Enterprises) - Matt Murrells Players Player (sponsored by Red Star Insurance) - Frankland Ross Club Player Award (sponsored by Ag n Vet Services) - Hugh Williams 5 Middies Award (sponsored by Nutrien Ag Solutions) - Clem Samson Central Hotel Award - Bryce Koop Ungarie Bowling Club Award - Lewis Henley



Ungarie Magpies Football and Netball Club

<u>Netball</u>

<u>Under 10's:</u> Magpie Award- Isabella Rebetzke Canteen Voucher- Isla Rossiter

<u>Under 13's:</u> UNG 45 vs WWG 6 Magpie Best on Court - Hazel Webster Players Player- Jessie Webster Coaches Award (sponsored by Milk & Honey Beauty)- Alaura Manwaring

<u>Under 16's:</u> UNG 49 vs WWG 44 Magpie Best on Court- Aliah Birks Players Player- Evie Henley Coaches Award (sponsored by Milk & Honey Beauty)- Madison Vinecombe

<u>C Reserve:</u> UNG 19 vs WWG 47 Mug (sponsored by Ungarie Preloved)- Molly Cattle Players Player (sponsored by McKay's Plastering)- Brodie Taylor Coaches Award (sponsored by Agman Services)- Ruth Allen

<u>C Grade:</u> UNG 53 vs WWG 48 Mug (sponsored by Elders Rural)- Renee Rossiter Players Player (sponsored by McClintock Electrical)- Ruby Henley Coaches Award (sponsored by Quality Wool)- Amanda Ackland

<u>B Grade:</u> UNG 34 vs WWG 42 Mug (sponsored by SWSCU)- Ruby Henley Players Player (sponsored by Armstrong Toyota)- Fiona Bryant Coaches Award (sponsored by Ungarie Butchery)- Sheridan Webster

<u>A Grade:</u> UNG 33 vs WWG 50 Mug (sponsored by Ungarie Bowling Club)- Kenesha Stevens Players Player (sponsored by Kelly's Coaches)- Kaileha Daly Coaches Award (sponsored by O'Connors)- Sammy Rutledge

