

## Empowering Boys: A Day at The Man Cave

On Tuesday, our Year 7 to 12 boys had the opportunity to attend The Man Cave. Facilitated by Jack and Naveen, the day was filled with engaging activities aimed at fostering self-awareness, emotional intelligence, and respect. We are proud to share that Jack and Naveen provided glowing feedback about our students, commenting that the boys were the best group they had ever worked with. They noted how settled and respectful our students were throughout the program, which speaks volumes about the positive culture we nurture at our school. The facilitators also expressed their appreciation for our school's supportive environment and positive culture, highlighting how fortunate our students are to be part of such a community. This experience not only provided valuable insights for our boys but also reinforced the importance of respect and understanding in their journey towards becoming confident young men. The feedback from the boys has been overwhelmingly positive and they would love The Man Cave to return for a second session. We look forward to more initiatives like this that contribute to the personal growth and development of our students.

## Celebrating Wiradjuri Language and Culture

Our commitment to celebrating and integrating Indigenous culture into our curriculum continues with the ongoing Wiradjuri Language and Culture lessons led by Sam Byrne. As part of their Wellbeing Day, our Year 7 to 10 girls participated in a weaving lesson where they had the opportunity to create bracelets and small baskets while connecting with each other. Meanwhile, our primary students remained engaged in their focus on the Wiradjuri language, with Year 5/6 students embarking on an exciting treasure hunt around the school to practice counting in Wiradjuri. This interactive activity allowed them to learn in a fun and dynamic way, reinforcing their language skills while exploring their surroundings.

Until next week,  
Terrie Payne



## Spotlight

The primary netball team displayed great teamwork and sportsmanship against Lake Cargelligo CS yesterday. Although they were defeated, they tried their absolute best and never gave up all game. We're so proud of them!

Principal: Mrs Terrie Payne

	Monday	Tuesday	Wednesday	Thursday	Friday
Term 1 Week 10					4 Apr PSSA Tennis @ West Wyalong  Canteen: Ashley Heath
Term 1 Week 11	7 Apr Aboriginal Dance Workshop  Canteen: Marreesha Chantrill	8 Apr Apprenticeship Workshop Yr 9 - 12	9 Apr LAP Parent Teacher Interviews	10 Apr Little Champions Gymnastics	11 Apr UCS Cross Country  Scholastic Book Fair, Assembly & Easter Hat Parade  LAST DAY TERM 1  Canteen: Tara Rowling
<b>Term 2</b>					
Term 2 Week 1	28 Apr Staff Return	29 Apr	30 Apr Students Return	1 May	2 May
Term 2 Week 2	5 May Primary Schools Cup Netball @ Griffith	6 May	7 May NSW CHSSA Australian Football Girls Championship @ Tuggerah (3 days)	8 May	9 May
Term 2 Week 3	12 May Mitch Tambo	13 May HSC Study Days (3) Sam Byrne - Wiradjuri Language and Culture Workshop	14 May	15 May	16 May National Walk Safely to School Day

Primary

Secondary

Whole School

P&C

Public Holidays



# Happy Birthday April

- 3rd** Ethan Robb
- 7th** Kathleen Jackson
- 23rd** Alainah Banham

## SUPER SPELLERS

- 1/2** George Webster, Daisy Rossiter, Hannah Jenkins and Leo McClintock.
- 3/4** Asher Chantrill, Ava McClintock and Neve Rossiter.
- 5/6** Week 9: Riley Mulqueeny, Scarlett Brown, Lucy Ward, Taylah Tolley and Isla Rossiter.  
Week 10: Adelaide Ward.

# Friday 11th April, 2025 Term 1, Week 11



## Cross Country



**10 am start**



- \* All students will participate in the UCS Cross Country at 10 am.
- \* Students need to wear joggers, sports uniform and have their hat, water bottle and Asthma medication.
- \* Start / finish line will be near the front of UCS.
- \* Please contact the front office with further questions.
- \* Spectators are welcome!



## Book Fair

all day  
in the  
UCS  
Library

After the Cross Country, please come along to our

## Term 1 Assembly & Easter Hat Parade



**11.30 am - 12.30 pm**  
All welcome!

UCS P&C  
Easter  
Raffles &  
Guessing  
Competition  
will be drawn  
/ announced  
at the  
assembly





# 'HUMBUG HIGH FIVE' AND SPORTS AWARD RECIPIENTS FOR WEEK 9



## ATTENDANCE DRAW 95%+

Congratulations to Imogen Chantrill, Jacob Gerhard, Caleb Protheroe and Tyler Crofts on winning the week 8 and 9, 95% and above attendance draw.





# YEAR 12 SYDNEY EXCURSION



From Monday 24th through to Thursday 27th March, Year 12 students Josh Batty, Kate Jackson, Patrick McClintock, Ethan Robb, Allora Vinecombe and Gavin Ward attended an excursion to Sydney with Mrs Sonya Ward and Mrs Alison Wason.

On Tuesday, Ethan, Josh and Patrick attended the Shape Exhibition, where they viewed a selection of *outstanding* major projects by HSC Design and Technology, Industrial Technology and Textiles and Design students. Allora, Gavin and Kate went to the History of Swimwear Exhibition at the Maritime Museum where they participate in a hands on workshop looking at design, fabrics and construction techniques. After lunch, they all visited the Museum of Human Diseases at UNSW which looked at the impacts of lifestyle choices on the body. The group finished the day with a tour of Darling Harbour and China Town.

On Wednesday, textiles students Gavin, Josh and Kate attended the TexStyle Exhibition undertaking a HSC seminar relating to their Major Textiles Project and viewed a large number of these projects. The Industrial Tech and Business Studies students Patrick, Ethan and Allora visited IKEA. Here they looked at material choices, ergonomics and furniture and shop design. The students were absolutely amazed by the size of the store. In the evening students walked to Circular Quay navigating the city CBD, enjoying some shopping and the sites.

Mrs Ward and Mrs Wason would like to congratulate the students on their behaviour and engagement during the excursion. It was a good time away.

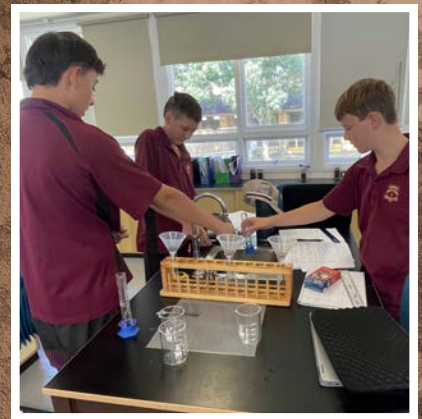
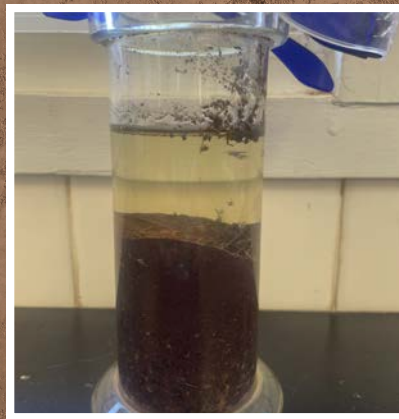
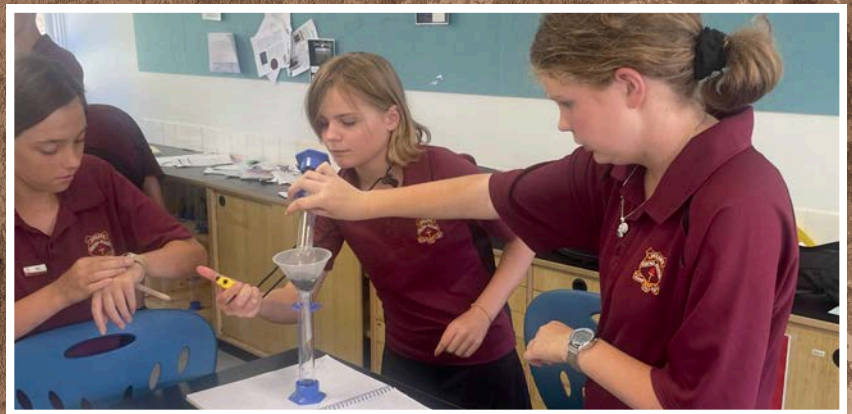
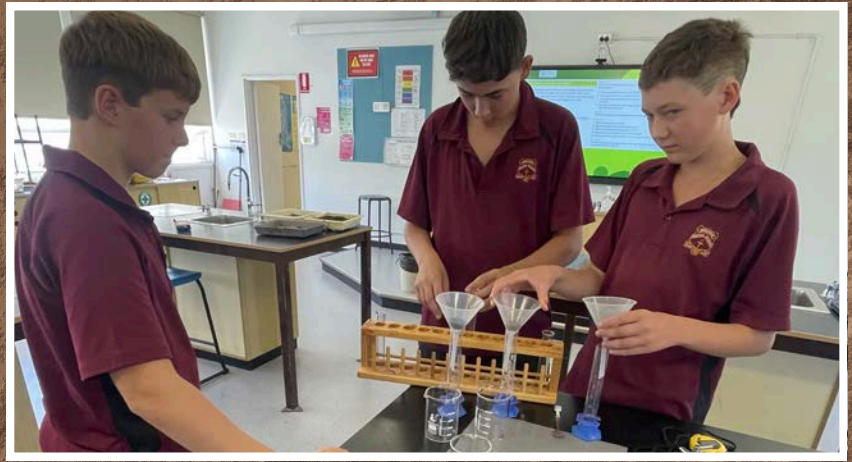
Thank you to the P&C for assisting with the cost of travel for the excursion.





# YR 7/8 SOIL TESTING

In Week 9, Year 7/8 Science students have been exploring the importance of soil as a vital resource. They conducted several soil tests, including a soil jar test to estimate the proportions of sand, silt, clay, and humus in soil samples taken from the agricultural plot garden area. Students also examined the water-holding capacity of sand, garden soil, and potting mix. Through these experiments, they learned that more organic matter needs to be added to the ag plot garden, and that both sand and potting mix have poor water-holding capacity.







# THE MAN CAVE

On Tuesday April 1st, Jack and Nav from The Man Cave spent a transformative day with the secondary boys.

Embracing the motto, “What happens in The Man Cave, stays in The Man Cave,” here’s a brief glimpse into the day’s impactful activities:

During the morning session, the boys participated in team-building games to break the ice and build camaraderie. Discussions on male stereotypes and challenging societal expectations, and exploring personal wellbeing through the “glass jar” analogy—identifying the rocks (burdens) within and learning strategies to lighten the load completed this session.

After morning tea, they joined in a friendly game of tug of war to emphasise teamwork and resilience. Students completed a group check-in which fosters openness and emotional awareness, developed practical tools for making vulnerability and honest conversations part of everyday life, and gave shout-outs to celebrate positive interactions and personal growth.

The boys enjoyed a relaxed finish with cricket or footy to end the day, building connections through sport.

The day offered a safe space for reflection, bonding and meaningful conversations, leaving a lasting impression on all students.





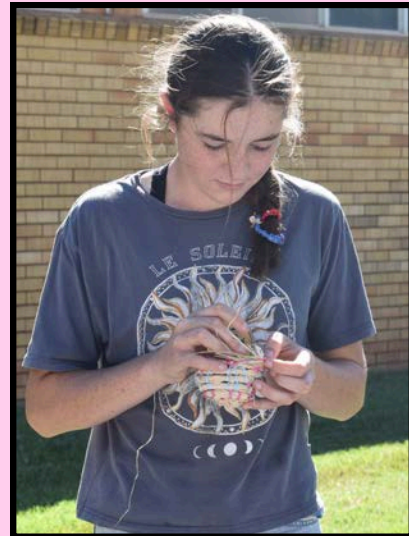
# Secondary Girls Wellbeing Day

On Tuesday 1st April, the secondary girls engaged in a wellbeing day.

In the morning, the girls worked with Sam Byrne engaging in the classic practice of weaving. This is traditionally performed by women in groups, who come together to make jewellery, mats, bags and more. The aim was to weave a basket. Some students also made jewellery.

After recess, Mrs Cooper hosted the group to deliver a Bright Girl Health workshop which focused on empowering the group to better understand their bodies and make informed decisions.

The girls ended their day solving a murder mystery game extending their cooperation and team work skills. They had to solve a series of logic puzzles to find out who murdered Edna, and would you believe it was the gardener! While everyone participated with excitement, ultimately, the stage 5 girls were our budding detectives, following the clues to solve the case first!





# PSSA Netball Competition v Lake Cargelligo Central School

On Wednesday 2nd April, our primary netball team played Lake Cargelligo Central School in the PSSA Netball Knockout.

Both teams had an enjoyable game, gaining lots of experience and displayed wonderful sportsmanship! Lake Cargelligo defeated Ungarie by 28 points. Our Ungarie students worked as a team for the entire match, improving every quarter.

Thank you to Mrs Payne for sharing some wonderful words of encouragement to the team and to Tahlia McKay for umpiring. After the game the team enjoyed some hot chips for lunch!



At the completion of the game, our team shared what they enjoyed most about the day with some great answers including:

- \* Getting better at netball
- \* Playing netball with your mates
- \* Learning to play new netball positions
- \* Meeting other students
- \* Taking some intercepts
- \* Playing and improving as part of a team!



UCS primary netball team pictured above.

Back L to R: Tahlia McKay (umpire), Hailey Ward, Riley Mulqueeney, Connor McKay, Isla Rossiter and Claudia Protheroe.

Front L to R: Scarlett Brown, Adelaide Ward, Ruby Hall and Lucy Ward.



# UNGARIE BOWLING CLUB

**Members Jackpot draw this week is \$5,500**

**RAFFLES drawn @ 7.30pm**

**ATM and Eftpos available**



**Kitchen open between 6-8pm**

**Friday Night Specials**

**Rump Steak \$22  
Seafood Basket \$16**

**All meals served with salad and chips plus a choice of sauce  
Dine in or takeaway!**

*Bowlo  
Kitchen*

**Bowlo Breaky is on this Sunday morning  
All you can eat 8am - 9.30am**

## UCS P&C EASTER RAFFLES & GUESSING COMP DONATIONS

UCS P&C are on a sweet mission,  
hunting for Easter eggs and chocolates donations  
from our awesome community for our annual  
Easter Raffles  
and  
Guessing Competition,  
which will be drawn at UCS Easter hat parade  
a date will be confirmed.

Every little treats helps, and we'd be over the moon with your  
contributions!

Your goodies can be dropped at the school front office.

STAY TUNED FOR MORE EGG-CITING UPDATES  
UCS P&C SENDS A BIG THANK YOU!



## UCS P&C Guessing Competition

**50c per guess or  
\$1 for 3 guesses**

**For viewing:**

**Mon-Fri  
school front office  
(During school hours)**

**Weekends  
Central  
Bowlo  
Pines motel**



**Winner will be announced at school  
assembly on the 11th april**



**Thank you for supporting UCS P&C**





## Ungarie Magpies Football and Netball Club

### Round 1 - Sat 5th April v Lake Cargelligo @ Ungarie

Football and netball is back - our first game is this weekend at home against Lake Cargelligo. Go Pies!

Please check the rosters for any duties this weekend and find a replacement if you are unable to do your shift. Thank you for your help and supporting the club, as it takes many hands to run a full day of football and netball.

#### Game Times

##### Football -

Auskick - 9am

11s - 10am

14s - 11.20am

17s - 12.45pm

Seniors - 2.30pm

##### Netball -

10s & 16s - 9.30am

13s & C Grade - 10.45am

B Grade - 12 noon

A Grade - 1.15pm



Please be at the game half hour before your game to get ready and warm up.

If you are unavailable to play this weekend, please let your coach know asap.

#### Registrations

If you have not completed your registration and are keen to play this weekend, please sort out your rego asap. Players are not allowed to take the field / court if they are not registered. Please reach out if you need any help.