



UPPER ORARA PUBLIC SCHOOL

Knowledge, Truth and Freedom



Term 1 Week 4

19th February 2018

WELCOME TO WEEK 4

LEADERS INDUCTION ASSEMBLY

Parents and carers are invited to attend the Upper Orara Public School Leader Induction Assembly on **Wednesday 21st February** at 9:15am. During this assembly our leaders will receive their new badges and make their leadership pledge.

UNIFORMS

Very exciting. New uniforms have been order.

DISTRICT SWIMMING

Congratulation to Toto, Nia and Indi who will be competing at the Coffs Harbour District PSSA swimming carnival Thursday 22nd February.

COLES SPORT FOR SCHOOLS REMINDER

Coles is running their Sports For Schools and every \$10 you spend at Coles you will receive a voucher . We will have a box at Coles on Harbour Drive or you can bring your vouchers to school and place them in the box in the front office. Remember the more vouchers you collect the more sporting equipment our school will receive!!

Jo Goodenough
Principal

DATE	EVENT	COST/
22/2	District Swimming	\$1.00
3/2	Clean up Australia Day	NIL



Indi 14th Feb

Makenna 22nd Feb

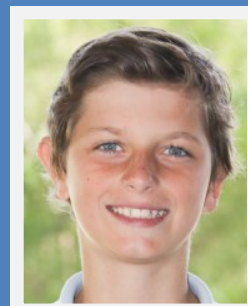
STUDENTS OF THE WEEK

Kobe (Yr K-2) and Hudson (Yr 3-6) .

Kobe receives his award for " For his enthusiastic attitude to his school work"

Hudson receives his award for "Being a good role model."

Congratulations Hudson and Kobe!



www.oraraupper-p.schools.nsw.edu.au

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Environmental News. Mrs L-S.

A Waste-Audit has been conducted and completed by the Year 3-6 students over Weeks 1, 2 & 3. We will collaboratively endeavor to reduce this current level of waste by offering alternative ways to pack school lunches, offer simple healthy recipes to get 'Kids In The Kitchen' AND we will be making bees-wax lunch wrappers this term as part of our 'Material World' Science Unit . We'll be offering the finished products for purchase at a cost well below retail prices.

Our vegetable gardens need to be weeded and replenished with fresh soil and compost so planting of fresh vegetables can begin in earnest. The staff are planning to use the gardens for lessons, cooking and student lunch days.

We are needing volunteers to help prepare the beds, so if you can offer some time, please let the staff know. Staff and students would be very appreciative!

Results of our Waste Audit: We have also projected an average figure of waste over a year based on our findings.

Milk and Juice Containers.	12	192 over a year.
Plastic Containers (yoghurt...)	69	1,104 over a year.
Plastic lunch wrap and zip-lock bags.	107	1,712 over a year
Squeeze Pouches.	7	133 over a year.
Chip, biscuit and 'snack' packets.	179	2,864 over a year.
Metal (foil and tins).	47	752 over a year.

AWARDS:

A smiley award is given for every waste-free lunch box (free of landfill rubbish) and go into the draw each Monday.

5 smiley awards are converted into an award that will be given out each Monday.

All students are reminded each day to see the **duty student** to record their waste-free lunch on a chart. We are encouraging children to take this initiative themselves as it is too difficult for the older students to check everyone's lunch boxes.

Award recipients for Monday Week 4: Congratulations Olivia, Annabel, Toby, Alita, Bonnie, Lucy, Oliver, Sienna, Lexus, Hudson Spence, Indiana I, Maynard, Toto.

Thank you to parents for supporting this initiative!

Did you know your soft plastics can be turned into products instead of going to landfill?

The listed soft plastics can now be recycled into outdoor furniture, seats, walkways, bollards... through REDcycle. You can drop off your soft plastics to the REDcycle bin inside COLES Supermarket.

Recycling soft plastics

Biscuit packets (outer wrapper only)	✓
Bread bags	✓
Bubble wrap (large sheets cut into A3 size pieces)	✓
Cereal box liners	✓
Chip and cracker packets (silver lined)	✓
Chocolate and snack bar wrappers	✓
Cling wrap - free of food residue	✓
Confectionery bags	✓
Dry pet food bags	✓
Frozen food bags	✓

Can be recycled at participating Coles supermarkets through the REDcycle program. Cannot be recycled through your kerbside recycling bin.

via REDcycle

Green bags (Polypropylene Bags)	▼
Ice cream wrappers	▼
Large sheets of plastic that furniture comes wrapped in (cut into A3 size pieces)	▼
Netting citrus bags	▼
Newspaper and magazine wrap	▼
Pasta bags	▼
Plastic Australia Post satchels	▼
Plastic film wrap from grocery items such as nappies and toilet paper	▼
Plastic sachets and supermarket bags	▼
Rice bags	▼
Zip lock bags	▲

Can be recycled at participating Coles supermarkets through the REDcycle program. Cannot be recycled through your kerbside recycling bin.

VISIT: www.REPLAS.com.au

Suggestions to help cut down on School waste:

- Wrap lunches in paper wrap that can go into the worm farm or compost (not waxed).
 - Use a brown paper bag for popcorn, chips...
- Use re-usable containers instead of glad-wrap (labeled with names).

Nature's Wrapping (bananas, apples, grapes, carrots, celery...).



Swap convenience 'snack-food' for home-made!

Savoury scones (cheese and bacon). Pikelets. Boiled eggs. Popcorn. Fruit kebab.
Hommus and raw veggies. Corn and zucchini fritters. Savoury or fruit muffins.

Please send in favourite recipes you've made with your children to share.

Visit the Australian website: <https://www.goodfood.com.au>



COUNTRY CUBS OUTSIDE SCHOOL HOURS CARE

*Operating from Coramba Public
School*

After School Care

- * 6 Short St, Coramba NSW 2450
- * Mon – Fri 3.00pm – 6.30pm
- * Care from \$13.45 p/aft including transport and afternoon tea
- * Conditions Apply (Inc CCB + CCTR)
- * **Transport Available from:**
- * Coramba Public School, Upper Orara Public School, Karangi Public School, Nana Glenn Public School, St Augustines Primary School, Tyalla Public School, Narranga Public School, Christian Community School, Coffs Harbour Primary

Vacation Care

- * Mon – Fri 6.30am – 6.30pm
- * Excursions planned daily
- * Educational Programs
- * Care from \$ 28.11 p/day including Transport, excursion and afternoon tea.

Before School Care

- * Mon – Fri 6.30am – 9.00am
- * Care from \$ 12.18 p/day including transport * Conditions Apply (Inc CCB + CCB)

*Caring Professional staff to ensure
your child receives the care they
deserve*

Bookings Essential: Contact Cheryl 6654 4122

www.countrycubs.com.au

MAD HATTERS
Market
CORAMBA
4th **SUN** OF EVERY MONTH
10 am – 2 pm
FEB 25th
CORAMBA WHATS HAPPENING
56062046

Mad Hatters Markets Program

The Mad Hatter's Market is found in the township of Coramba, in the beautiful Orara Valley, Coffs Harbour hinterland. This market is held on the 4th Sunday of every month 10am - 2pm.

You will find **Market Stalls** on the main street, and activities for the family in local businesses.

- **Coramba Hotel** - Sausage sizzle from 10am, Meals available from 12pm and Live music from 1pm
- **Coramba Store and Providore** - Pet photo competition
Cost: Free Time: 10 - 2pm
- **Miss Libby's Sewing Shoppe** - Animal Masks
Cost: \$5 p/p Time: 10 - 2pm
- **Artspace on 45** - Kids felt pet puppet making for all ages and abilities. Cost: Free
Time: 10 - 1:30 pm Bookings not necessary

Further enquiries Facebook 'Coramba - What's Happening'
General 02 5606 2046 Stalls 0400 271 739