

Bunjum Community Newsletter



Jarjum Bugal Nah Child & Family Centre



Message from the Director:

The new Child Care Subsidy is up and running, thank you to those families who successfully completed what needed to be done with Centrelink it made the transition very smooth.

Our NATSI Children's day was very successful this year. We were joined by pre-schoolers from River St and Alstonville Preschool. Our activities included the Fauna Fetchers Show, the Jarjums made native crowns, masks and learned some cultural dance and music, the weather was glorious and everyone had a great time.

To better combat infectious diseases we have recently incorporated Automatic hand sanitisers throughout the centre. Please use these upon arrival at the centre, you will find them located in the foyer next to the sign in kiosk, outside the staff room door and also outside each bathroom along the veranda.

On arrival at the centre remind your jarjum to collect their hat from their pigeon hole at the front entrance of the centre and even though it is winter you still need to apply sunscreen to your child upon arrival. Of an afternoon get the jarjums to pop their hat back in their pigeon hole ready for the next day. Educators will wash all hats on a Friday afternoon and replace them back into the pigeon holes ready for the new week.

Our Transition to school program will be starting again soon. In preparation for the Pre-schoolers starting school we will be asking if on Monday and Tuesdays if you could pack your child a healthy lunch box. This will enable us to teach the Jarjums simple skills such as unwrapping their lunch, opening small containers and wrappers. Also which foods to eat at specific times of the day ie: not to eat all of their food at recess. I will be sending home lots of Healthy lunchbox ideas for you to give you some yummy ideas to pack in their lunchbox. Also we will have a healthy lunchbox display in the foyer and we will change this regularly for some extra inspiration.

Kind Regards

Tanya Stuart
Director
BACFC



Bunjum Community Newsletter



Address:

10 Hayman St, West Ballina. NSW 2478

Ph: 02 66811540

Email: director.bacfc@bunjum.com



Please note that we have installed hands free hand sanitizers around the service for extra hygiene precautions. You can find these at the sign in out area Outside the Staff room, and 2 outside the rooms on the veranda h.

August 2018

13th - 17th Monday - Friday -
Science week 20th - 24th Monday -
Friday - Children Book Week -
Children are encouraged to bring
their favourite book, all parents are
encouraged to come and read to their
children. Don't forget to dress up as
a book character !

24th Friday - Daffodil Day - come
dressed in Yellow!

31st Friday - Fathers Day Activities

September 2018

5th Wednesday - Early Childhood
educators day

7th Friday - White balloon day child
protection week

19th Wednesday - Pirate Day. Come
dressed as a pirate AHHH !!

October 2018

1st Monday - Labour Day public
holiday centre closed

15th - 19th Monday - Friday -
Nutrition Week

29th Monday - Grandparents or
Special Person Day at Jarjum Bugal
Nah Morning Tea will be provided.

31st Wednesday - Halloween
celebrations dress up day.

November 2018

6th Tuesday - Melbourne cup day hat
making!

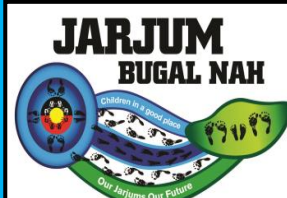
9th Friday - Remembrance day

December 2018

Annual children's Christmas Party
and Preschool Graduation !!! Santa's



Bunjum Community Newsletter



We have been learning to use our problem solving skills to match colours, shapes and animals!



With Pre spring season starting, the jarjums have been participating in collage craft activities such as gluing echidna spikes, fairy wren feathers and long neck turtle egg cartons!

What's happening in the Jalum Room



We love cooking, practicing our turn taking and group participation



We celebrated National Aboriginal And Torres Strait Islander Children's Day with our families and community with craft, songs and other fun activities!



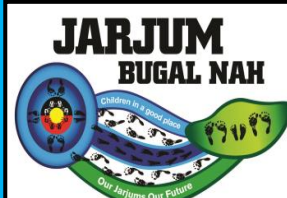
We have been very interested in puppet counting songs during our Yarn Circle such as "10 little jarjums", "5 wiggly worms", "5 juicy jarjums", "3 longneck turtles"



PIC•COLLAGE



Bunjum Community Newsletter



Breakfast – Give children the right start to their day

Eating a healthy breakfast can help to improve alertness, concentration, mental performance and memory.

Children who skip breakfast are more likely to eat less nutritious food during the day and are more likely to be overweight than children who eat breakfast.

A healthy breakfast is one which includes:

- a wholegrain/wholemeal bread, cereal or grain product
- a dairy product (or alternative e.g. soy)
- fruit or vegetables

Choosing breakfast cereals:

Choose breakfast cereals that are **high in fibre**, **low in salt** and **low in sugar**.

Fibre: choose products that contain more than 4g of fibre per serve.

Wholegrain: look for the word 'whole' or 'wholegrain' as the first or second ingredient on the ingredient list. This usually means the cereal is less processed.

Salt: choose products that have less than 400mg of sodium per 100g.

Sugar: choose products that have less than 15g of sugar per 100g. If the cereal contains dried fruit then up to 25g of sugar per 100g is OK.

Most breakfast cereals are low in saturated fat and have added vitamins and minerals.

Refer to *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 67 – 71 for information on reading food labels.

If your service offers breakfast, try some of the following suggestions:

- Wholegrain cereal with milk*, fruit and/or yoghurt*
- Wholegrain/wholemeal toast with a little margarine and sliced banana
- Fresh fruit with yoghurt* and raisin toast
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk* and stewed fruit
- Yoghurt* topped with muesli style cereal and chopped or pureed fruit
- Wholegrain/ wholemeal English muffins with a slice of cheese* and tomato
- Baked beans or creamed corn on wholegrain/ wholemeal toast and a glass of milk*

It is also important to have healthy drinks with breakfast. Water or milk* is best. Limit fruit juice, serve fruit instead.

* Use reduced fat dairy products for children over 2 years of age.

The above material has been reproduced with the permission of the NSW Ministry of Health, from *Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014. For further information on this resource please visit www.healthykids.nsw.gov.au





Bunjum Community Newsletter



Drinks – Serve water and plain milk

Water

- Encourage children to drink water when they are thirsty. Tap water is recommended.
- Drinking water instead of sweetened drinks is the best thirst quencher and prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones.
- Remind and encourage children to drink water regularly throughout the day.

Milk

- Plain milk is the best choice.
- Reduced fat milk can be given to children over two years of age.
- Calcium fortified soy milk is a suitable alternative to cow's milk. Check the nutrition information panel to make sure that there is at least 100mg calcium per 100ml.

Tip: Serve milk as a drink at morning and afternoon tea as an easy and reliable way to meet children's dairy food requirements¹.

Myth: Reduced fat milk is missing all the "good stuff".

Fact:

1. Many reduced fat products have more protein, calcium and B vitamins than the full fat versions.
2. Full fat milk contains extra kilojoules (energy) and saturated fat, both of which need to be consumed in moderation.

Non-dairy drinks

- Examples include oat, rice, almond, coconut and quinoa drinks.
- Non-dairy drinks do not provide the protein, calcium and other vitamins and minerals found in cow's milk. They are not suitable alternatives to cow's milk and should only be used if medically advised.

What about fruit juice?

- Fruit juice is not recommended.
- Fruit juice is not equivalent to fruit. Fruit juice lacks the fibre that is found in whole fruit. A piece of fruit has better nutritional value than a serve of juice.

Drinks for infants – birth to two years

Breastmilk or infant formula should be the main drink in the first 12 months of life. From around 6 months, small amounts of cooled, boiled tap water can supplement breastmilk or infant formula.

After 12 months, water and full fat cream cow's milk should be the main drinks offered in early childhood services. Tap water is an important source of fluoride for young children and should be encouraged and easily available.

Low fat and reduced fat milks are not recommended in the first 2 years of life, but reduced fat milks (1-2g fat per 100ml) are suitable for children over the age of 2 years.

¹ Caring for Children: Birth to 5 years, NSW Ministry of Health, 2014, page 92.

The above material has been reproduced with the permission of the NSW Ministry of Health, from Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences), 2014. For further information on this resource please visit www.healthykids.nsw.gov.au








Bunjum

Community Newsletter



Transitioning Textures for Infants – birth to 1 year

To help infants develop their feeding and eating skills it is important to change the texture of foods between 6 and 12 months of age.

Age	Texture	Food and Drink Examples	
Birth to around 6 months	Liquids only	<ul style="list-style-type: none"> Breastmilk, infant formula 	
6 to 7 months	Blended or finely mashed	<ul style="list-style-type: none"> Infant cereal mixed with breastmilk, infant formula or boiled water Finely mashed ripe banana or avocado Peeled, cooked and blended or finely mashed apple or pear Blended or finely mashed cooked vegetables Blended meat, chicken, liver, fish Mashed silken tofu Blended or finely mashed legumes, beans Soft scrambled egg Yoghurt (full fat) Cottage cheese, ricotta cheese, cream cheese 	
7 to 9 months	Mashed and grated foods Soft lumps Soft finger foods	<ul style="list-style-type: none"> Mashed cooked vegetables Chopped cucumber, tomato, or grated carrot Pieces of soft cooked vegetables (e.g. zucchini, cauliflower, broccoli, potato, pumpkin) Minced meats Mashed fruits Soft pieces of canned fruit mashed or chopped into bite-size pieces Hardboiled egg cut into small pieces Porridge Couscous, rice, risoni, semolina Grated cheese 	



Transitioning Textures for Infants – birth to 1 year cont.

9 to 12 months	Food with lumps that need munching, chopped foods, finger foods, mixed textures	<ul style="list-style-type: none"> • Toast fingers • Cheese sticks • Cooked pasta e.g. penne, spirals, macaroni • Slices/pieces of lightly steamed vegetables • Pieces / wedges of soft peeled fruit • Small tender pieces of fish, meat or chicken • Meatballs made from minced meat that can be broken into small pieces • All-in-one meals such as casseroles or mornay (small pieces in a thick sauce) • Mixed meals such as pasta with bolognese sauce • Stir fry made with small finger food sized pieces • Bite-sized sandwiches with moist fillings such as avocado and cream cheese 	
-----------------------	---	---	--

The aim is to have infants eating from the regular menu from 12 months and beyond.

Reduce the risk of choking

The size, hardness and shape of some foods make them more likely than other foods to be inhaled or to cause choking.

Foods to avoid:

- small hard foods like nuts, seeds, raw peas, popcorn and raisins
- dry, hard biscuits or pretzels
- very chewy, sticky, 'gluey' textured foods such as fruit straps or fruit bars
- all hard, jelly and chocolate button shaped lollies/sweets.

Slippery round foods such as grapes, cooked peas and small cherry tomatoes may need to be squashed or cut to make them safer.

Remember: No food is guaranteed not to choke so ensure children are seated when eating and always actively supervise children when eating or drinking.

For more information about starting solids please refer to *Starting Family Foods - Introducing your baby to solid foods* brochure (www.healthkids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx)

The above material has been reproduced with the permission of the NSW Ministry of Health, from *Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014. For further information on this resource please visit www.healthkids.nsw.gov.au





Bunjum Community Newsletter



Gargoon Room News

We've been learning Bundjalung names of things and singing songs in Bundjalung. Sometimes Auntie Tanya comes in to teach us....

We celebrated NAIDOC week and did a lot of cultural activities to help us become strong in our identity.

We've had some fun excursions to the park.. practising our coordination, balance and sharing.

Drawing and art are an important way to communicate before we write.

Welcome to our new Jarjums- Oaka, Avery, Zaylia, Ayla, Ruby, Sha'keelah, Mereki

Min, Jo, Chrissy, Jess, Gabbie, Bridget, Mills & Lisa

We learnt to sign 'The rainbow song' with our hands and then this led to investigation of all the colours of the rainbow... including taste testing red and yellow foods, a treasure hunt for yellow items outside.

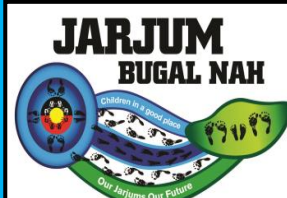
We're learning to trace our name and draw... we need lots of practice to develop strong fingers.

We learn so many things when we cook: counting, textures, size, weight, change and shape. We also learn to take turns and about healthy foods and sometimes foods. We've had a lot of birthdays, so we make each Jarjum feel special by cooking and celebrating, together, then sending home photos.

PIC•COLLAGE



Bunjum Community Newsletter



Seahawk Preschool Room



ABORIGINAL PRESCHOOL YEARS TEACHING & LEARNING OUR WAY

Wow! Where has the year gone, even time has got itself in one big hurry...

In the past two months, our Preschoolers have suddenly grown up embracing their next big step to Kindergarten. We involved our families to our first 'Transition to School Yarn Up' and give a huge thanks for a fantastic attendance and other health professionals regarding speech and occupational therapy, healthy lunch box ideas, your Jarjums learning achievements/portfolios and the essentials info dilly bag for name writing, counting, social-independence skills and what to do to enrol them.

We will continue our Transition to School Program Visits starting early October with a flyer coming soon with the dates and what to bring. We hope you have had the pleasure of reading your Jarjums Mid-Year Developmental Summary as we focus on the importance of Language Expression and Development to widen their vocabulary and sentence building critical in play relationships to share, take turns and ask questions as well as Creative Development to problem solve, recall and invent.

The Jarjums had lots of fun ways to connect to their identity and celebrate our culture through NAIDOC making a huge banner for the Ballina Celebration Walk down River St and highlighting the importance of this years theme 'Because of her we can' through crafts, stories and lots of photos from home celebrating the generations and the fun times together.

We also celebrated our love of books with the Story Dog visiting us and singing for the community for Aboriginal and Torres Strait Islander Children's Activity Day at our Centre and visiting our Elders for morning tea to play.

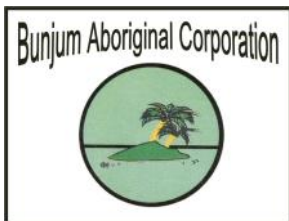
The Jarjums have been interested in Dinosaurs, Caring for our thirsty Country yarning about the drought, we have a permanent clay table making lovely gifts and an ochre table to paint ourselves to develop strong Identities and learn to yarn in Bundjalung about our face parts and feelings.

Come in and have a yarn anytime to about your Jarjums progress.

Cheers,
Karen, Mel, Kerry & Bridget



PIC•COLLAGE



Bunjum Community Newsletter



Jarjum Bugal Nah Child and Family Centre

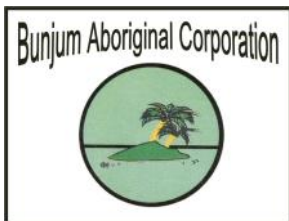
Labelling Items - Please remember to label all your children's belongings for example bottles, dummies, jumpers, socks, shoes and especially children's bags, as items which are un-labelled tend to become lost. It also helps relief staff know exactly where things go so there are no mix ups. Please also remember if your child requires a dummy during the day to send along a cover for it (for hygiene), for when not in use. Bottles should also be clearly labelled otherwise they will not be given out as we would hate for any mix ups to occur.

Safety - Safety around the Centre is very important and as you know we like to be very proactive. Please remember to hold your child's hand when leaving the Centre as the car park can be a very dangerous place. Please remember to shut all doors or gates when entering or leaving a room or the yard and if you see any OH&S concerns please feel free to approach staff so they can be rectified immediately.

Signing in and out - Please remember to sign your child in and out each day. This is very important for two main reasons. The first is so that educators are aware of the number of children at the Centre at any given time and who have left for the day. This becomes very important in the event of an emergency evacuation so that everyone is accounted for and for the end of the day safety checks. Families are also reminded that as part of receiving fee relief, the government requires all families to sign in and out and that they use their signature and not just initials as this is a legal requirement. Families that continue to forget to sign their child in or out may have their fee relief cancelled, so please remember.

We appreciate our Families assistance with these above matters





Bunjum Community Newsletter



Jarjum Bugal Nah Child and Family Centre

Clothing - Please remember to send your children into school in comfortable clothing. As the children spend time playing outside on climbing equipment it is very important that they have practical clothing which is safe such as enclosed shoes, not thongs or crocs and clothes that do not have long ties or strings which can become caught on climbing equipment. Aprons are provided for messy art or science activities but children sometimes get caught up in the creative side, so please send them in clothes that are not too good and can be washed

OH&S - Safety at the Centre If you see a concern around the Centre regarding the safety of the buildings or equipment please let our staff member know immediately so that it can be rectified as quickly as possible.

Toilet Training Toilet training is a very exciting time in a child's life. It is important to remember to pack several spare sets of clothing so if an accident occurs during the day, your child can be changed immediately so that they are comfortable. Please feel free to talk to the staff about your child's readiness to start or if you would like to check on their progress or plan strategies with one another. We have attached some information on toilet training to this newsletter.

Immunisation Reminder Have you remembered to submit your child's current immunisation status with the Centre? It is a legal requirement for all Centres' within Australia to keep up to date records on children attending Centres.

We appreciate our Families assistance with these above matters



Bunjum Community Newsletter



Jarjum Bugal Nah Child and Family Centre

POLICY UNPACKED

JBNCFC has a variety of policies which guide our centre's operation. Each newsletter we will include some extracts for families. Our full policies can be viewed at anytime by our families. Our policy folders are kept in the foyer and you are most welcome to ask questions about our policies to staff. Please feel free to provide input into our policies which will help us when they are reviewed.

Dental Policy

Objective: To Foster good Dental Hygiene Practices.

Rationale: The most common cause of dental disease in children is dental caries (tooth decay) and periodontal disease (gum disease). Both dental decay and gum disease can affect even very young children and are preventable through effective dental hygiene practices. Dental decay and gum disease may lead to negative outcomes for children including discomfort, other related health problems, poor nutrition, disfigurement or future dental problems. Children may also be affected by experiencing major dental or medical treatment that may be required as a result of poor oral or dental health.

Implementation:

Educators at Ballina Aboriginal Child and Family Centre will encourage all children to practice correct dental hygiene by:

Encouraging children to drink water after meals – thereby rinsing their mouths

Promoting Healthy eating to protect teeth

Educators will not allow bottles in cots or children to fall asleep with bottles to minimise the effect of milk and the teat on teeth

Provide milk at lunch time as a source of calcium - dairy products have a proven protective effect in oral hygiene

Providing water throughout the day which provides fluoride for the teeth encouraging children to drink and enjoy water and to eat fresh fruit

Educating children by having discussions and stories in relation to correct food choices that strengthen teeth and reduce tooth decay

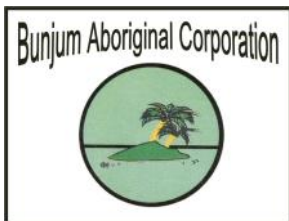
Providing families with information on dental care practices that are recommended by recognised health and dental care authorities displaying posters promoting healthy teeth and gums and correct oral hygiene

Having annual visits from a dental health professional to talk to the children about good dental hygiene practices.

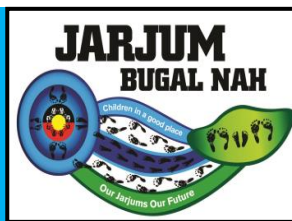
Encouraging families to utilize community health dental for regular checkups

Reminding children that the most important times of the day to brush their teeth are after meals and before bed, so any sugar etc., is removed regularly.

By promoting all of the above, in conjunction with educating children, Educators and families, we hope to promote a strong awareness of dental care throughout our Centre, our programs and within the home.



Bunjum Community Newsletter



Jarjum Bugal Nah Child and Family Centre

First Aid for a Knocked Out or Chipped Tooth in a Child

In the management of any dental trauma, childcare personnel need to follow a logical sequence in order to estimate the extent of the injury and to make an accurate diagnosis. The following sequence should be followed when a tooth is knocked out of its socket:



Remain calm and try to find the tooth. A dental professional will want to see the tooth and/or the tooth fragment(s). It is important to know whether the tooth or tooth fragment(s) has been inhaled.

Inhaled teeth are a medical emergency and the child MUST be taken immediately to the Emergency Department of a Hospital for a check-up and a possible chest x-ray.

If it is a baby tooth, do not put it back in the socket because it will damage the underlying developing permanent (adult) tooth.

Children aged 0-5 years of age are more likely to have baby teeth than permanent teeth. If there is any doubt about whether it is a baby tooth or an adult tooth, put the tooth in milk or saline and take the child to a dental clinic immediately.

If a permanent tooth has been knocked out, place it in milk or saline immediately to avoid dehydrating and damaging the delicate cells on the root. Do not rinse or scrub dirt off the tooth. Do not allow the tooth to remain dry at any stage.

Notify parents / carers of the incident.

Go to a dental clinic or the Emergency Department of a Hospital as soon as possible. **Time is a critical factor in saving the tooth.**

Remember In the following weeks or months after the dental injury, if you notice any unusual red or swollen gums in a child's mouth, or if the tooth changes colour, advise the parents/carers to make an appointment at a dental clinic as soon as possible.

QIP: We are constantly seeking valuable input into our Quality Improvement Plan. If you have any suggested improvements to add you can find pen and paper with our QIP display located in the foyer of the service.

If you have any input into the revision of our Dental Policy please see Tanya or Jojo.

Educator Training: Aunty Karen and Aunty Tanya recently engaged in Smarter Stronger training this Training was amazing and they have both brought back ideas and incorporated them into our everyday practice.

Check out our
Bush Kitchen
refurbishment





Bunjum Community Newsletter



Jarjum Bugal Nah Child and Family Centre

One Hundred Ways a Parent can Praise a Child

Hey, I love you! * Way to go* Deadly* * You're special * Outstanding * Excellent You are fun * You're a real trooper * You're on target * Outstanding performance * Great * Looking good * You brighten my day * Good Well done * Remarkable * Super * I knew you could do it * Nice work What an imagination * I'm proud of you * Super star * Fantastic You're on top of it * You're catching on * Now you've got it * How smart Good job * You are the clever one * You are just delightful * That's incredible * Remarkable job * You're Beautiful * You're a winner You make me happy * Dynamite * Hip, Hip Hooray * You're important Magnificent * Beautiful * Super job* Deadly* You're the best * You're on your way How nice * You're Spectacular * You are a Darling * Beautiful work * Deadly * Good for you * Nothing can stop you now * You're fantastic * Wow You're a legend * Great Discovery You've discovered the secret Fantastic job * You're a champion * Awesome * You're precious Marvelous * You are responsible * Terrific * You are exciting * You're growing up * You tried hard Neat * You figured it out * You're unique * What a good listener * You're a treasure * Super work You mean a lot to me * You're a good friend * You deserve a big hug You are an absolute gem * You're incredible * I like you * Now you're flying * I respect you * Deadly* You're sensational * Phenomenal* Hooray for you* You care Creative job * You belong * You made my day * You are nice to be with You mean the world to me * You're important * You've got a friend You're a joy * You make me laugh * You're A-OK * You're my buddy I trust you * You're perfect * Bravo * You're wonderful * A big kiss * Exceptional performance * That's correct * Hey, I love you!

PS: Remember a HUG is worth 1000 words!





Bunjum Community Newsletter



Jarjum Bugal Nah Child and Family Centre



DID YOU KNOW?

Children aged between 2-3 need $2\frac{1}{2}$ serves of veggies every day - and children aged 4 to 8 need $4\frac{1}{2}$ serves of veggies every day. Take the challenge and fill half of your family's plates with veggies tonight! For some great ideas go to

www.gofor2and5.com.au/



KEEP IT SIMPLE

Try some raw veggies such as carrot sticks, cherry tomatoes, cucumber, capsicum strips as a snack or add to a sandwich, wrap or roll.



Bunjum Community Newsletter



Bunjum Families NSW NEWSLETTER

August

Dear Parents & Carers,

Jingya Wallah = Welcome

A big **DEADLY WELCOME BACK** I am looking forward to our playgroup for semester 2 in 2018. The playgroups will take place on the Wednesdays at CTI and on Thursdays in Ballina. Contact me for more information about the Deadly Jarjum Playgroup on 66865644. **ALL WELCOME & feel free to Bring a Friend along.**

Families NSW Program

Bunjum Families NSW program provides a confidential service for families with jarjums aged 0–8yrs in the Ballina Byron shire. Trained early years worker can assist with;

- Referrals & advocacy
- Parenting support & info
- Triple P parenting programs
- Info on ATSI programs & cultural events

Jarjum Playgroup

Jarjum Playgroup is a great place for young children to mix with other kids and play with a range of toys. It also gives parents and care givers a chance to swap ideas and chat over a cuppa. Each month we have excursions to parks and other interesting places or Guest speakers visit Jarjum Playgroups to keep our families up to date on information regarding health and well being. All welcome.....

- Every Wednesday CTI
- Every Thursday in Ballina
- 10am to 1.30pm
- Morning tea, lunch available
- Pick up available

Call or text Nena - Family Support Worker
@ Bunjum 66865644 / 0408837308



SLIME SLIME SLIME

♦ **Always supervise children closely in and near water ***

SLIME is a great source of fascination for children.

Setting up for bubble play at home is easy - children can help with the preparations by mixing the bubble mixture.

It is also an activity that suits children of all ages - babies will enjoy watching bubbles float and burst, while older children will find blowing bubbles lots of fun. It is great for developing their lungs, mouth muscles and speech sounds too!

Bubble wands can be made from wire loops or pipe cleaners. These can be poked into plastic straws to cover any sharp ends. Younger children will find it easier to make bubbles by dripping fly swats into the solution and then waving them around.

SLIME Mixture Recipe

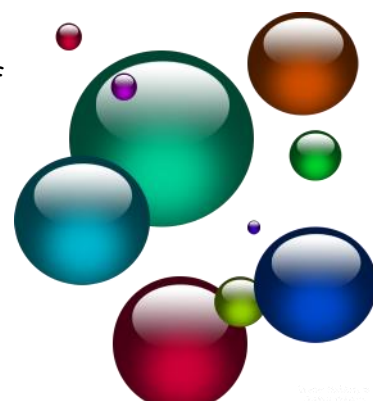
Ingredients

PVA GLUE, BORAX FOOD COLORING AND WATER

Method

SQUEEZE 1 BOTTLE OF PVA GLUE IN A BOWL. ADD A COUPLE DROPS ONLY OF YOUR FOOD COLORING AND SET IT ASIDE.

MIX 1 SEASPOON OF BORAX AND 1/2 CUP OF WARM WATER TOGETHER. THEN ADD THIS TO YOUR OTHER MIXTURE. THEN FRENZIED STIR TO FORM YOUR SLIME.





NAIDOC



2018

It was a pleasure to work with some of our precious Cabbage Tree Island Aunties for the NAIDOC 2018 Theme **Because Of Her We Can**. The Aunties works were exhibited during Ballina NAIDOC 2018 Exhibition. Hope many of you got to see all the works on display from our local ASTI artist and had an enjoyable Ballina NAIDOC 2018 Festivities

Welcome to Nyangbal Land

Jingi Walla blag-gan-mee nunya Nyangbal dugun
Djan-da-mandi Ngalingah Bundjalung Jagun
Djan-da-mandi Ngali garima Ngali
Ngali-ngah na ngathang ngathang gen
Ngoobu yan bayahn-ah
Bugal beh blag-gan-mee

English

Welcome everyone to our Nyangbal land
We acknowledge our Bundjalung Country
We acknowledge and pay our respect
To our Elders past and present
On this new day
Thank you everyone

Bunjum Culture Matters Ngalingah Gulgan

Ngalingah Gulgan will continue the weekly Bundjalung Language sessions, Term 3 & 4 will be reflecting on all works done in Terms 1 & 2. Its not too late so **Come along and join us Learning our way in a Safe & Friendly environment.**



10 Weeks per Term Bundjalung Language Sessions
Hosted by Bunjum Ngalingaa Gulgan

Learning & Revitalising our language.
There is an opportunity for you to learn the Bundjalung Language

When: Every Wednesday

Time: 10.00am to 12.00pm

Venue: Jarjum Bugal-na Aboriginal Child & Family Centre, West Ballina

Light refreshments provided

The Bundjalung Language has been lost to many of us and now we as a Community have the opportunity to learn our language and keep it alive for our future generations.

The program has been designed for you to learn in a fun, safe & friendly environment.

So come along and learn some Bundjalung language & share with your family, children & grandchildren.

Call Bunjum Ngalingah Gulgan Project Worker for more information on 66865644



Saltwater Women Art Group

Meet every Thursday @ 44 Tamar Street Ballina starting 10am—2pm. Come along and enjoy being creative learning new art & craft skills.

With support from Bunjum CM and Red Cross SWW will be engaging with a quilters and sewing teacher for those who need to learn basic sewing

