



Bunjum Community News

44 Tamar Street Ballina NSW 2478 Phone: 0266865644

10 Hayman Street West Ballina NSW 2478 Phone: 0266811540



Bunjum
Community
Newsletter

June Edition
2024



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Jingya Walla— Welcome

JUNE Edition for 2024

It has been a very busy time since last newsletter for Bunjum Aboriginal Corporation and Entities (Bunjum Early Learning & Family Services known as JBCFC + Bunjum Social Housing).

All Bunjum Projects have continued to focus on delivery of services to Goori Jarjums, their Families, and the Community in an Aboriginal Cultural Frameworks that acknowledges the importance of walking alongside and with our Community to empower jarjums, their families, and Community to wards meeting their needs.

We work together and network with a number of Aboriginal and Non-Aboriginal Organisations and Services to further support the Goori Community.

Our JBCFC is now undertaking renovation works and to support this process the Bunjum 10 Hayman street Family Workers (TEI Aboriginal Families Together) are now at Bunjum 44 Tamar Office and still available to assisted you. (see flyer over page).
Bunjum Early Years Worker

JBCFC continue to operate during this time frame of renovation works at the Centre. Please contact Tanya JBCFC Centre Director on phoning 66811540 for further information.



We provide a culturally appropriate early learning service to Aboriginal children and families to empower them to be Strong, Black and Deadly and proud of who they are and where they come from



WE SEEK YOUR SUPPORT DURING THE REVONATIONS TO JBCFC



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Bunjum Community Notice

BUNJUM SERVICE/OFFICE RELOCATION UPDATE

Jingya Wallah

Our Bunjum Family Support Office at 10 Hayman Street West Ballina will be closed due to renovations at JBCFC Childcare Centre. Childcare Team will be operating from the support office premises for Centre Jarjums. Please call Centre Director on 66811540. The Early Years Officer & Admin person will be assisting the Childcare ONLY during this period but contactable by phone.

All Bunjum Projects/Services Workers will be NOW working from Bunjum 44 Tamar Office. Please call us on 66865644 to assist you.

The Family Support Team Office at 10 Hayman Street West Ballina is scheduled for Re-opening after NAIDOC Week on Monday 15th July 2024 for service support.

Bunjum Aboriginal Corporation continues to provide our services under Aboriginal Cultural ways to Community at Bunjum 44 Office.

Bunjum Project Teams at 44 TAMAR Office are:

Changing Ways	- Bunjum Family Support TEI
Us Mob Together	-Bundjalung Nyangbal Language
Goori Youth	- Assistance Support (ER)
Bunjum Admin/Payroll	- Bunjum Management (Isobel/Nita)

Bunjum Project Teams will be letting you know more about program activities/events. Please contact them on their mobiles or phone Bunjum Office on 66865644. Our face-to face service is at 44 Office and please come and speak with us directly to support you.

You can talk to us anytime about the best way we can support you and your family.

We are here to meet your needs and Empowering and Strengthening Support to Goori People

Yours in Unity, Nita Roberts - GM Bunjum Aboriginal Corporation



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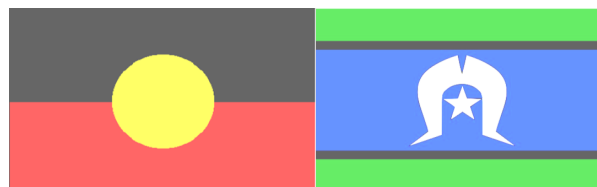
**KEEP THE FIRE BURNING!
BLAK, LOUD AND PROUD**
7-14 JULY 2024

NAIDOC WEEK 7-14 JULY 2024

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

Ballina/CTI and surrounding areas NAIDOC Week Celebration Activities Flyer is over the page and we look forward to all Goori Community support and showing up to share, have a yarn with each other and the broader Community about our Aboriginal Cultural Heritage and Connection to Country of Nyangbal Bundjalung and the diversity, respect and sharing continues of our Goori Communities within the Bundjalung Nation as in past times.

Come along to Local NAIDOC Week Celebration Events and stand united as per the 2024 NAIDOC Week Theme—KEEP THE FIRE BURNING! Blak Loud Proud in Celebrating our Cultural Heritage & Histories.



SEE PAGE 4
FOR Ballina
LGA
NAIDOC
Week
Program

See
You
there

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CELEBRATING NAIDOC WEEK 2024

KEEP THE FIRE BURNING!
BLAK, LOUD AND PROUD
7-14 JULY 2024



All Jarjums to be Supervised by an Adult over 18 yrs Old



Date	Event	Location	Time	Details	Contacts
Sunday 7th July Free Event	NAIDOC Week Church Service	Richmond Room, Ballina	10am	Flyer circulating Lunch provided	Contact: Aunty Carol Roberts (M) 0478 015 881
Monday 8th July Free Event	NAIDOC Celebration Walk	Ballina RSL Club walk to BISC OFFICIAL FLAG RAISING CEREMONY & Cultural exhibition	Assemble 10am for a 10:30am Start	The whole Community is encouraged to participate in the walk, Morning tea will be provided for Elders and adults, BBQ for Jarjums.	Ballina Shire Council Phone: 6686 1284 BGSAG—66811540
Tuesday 9th JULY Free Event	JARJUM NAIDOC TOUCH SPORT & STALLS DAY	Kingsford smith Wet Weather BISC,	From 10:30am to 2pm	All Welcome: Events for young people, their families & Community skills & drills, TOUCH round 4yrs to 18yrs. Shirts provided for all participants on day.	Bunjum Aboriginal Corporation -66811540 Catered by Northcott & Bunjum
Wednesday 10th July Free Event	3X3 BASKET BALL	BISC Lunch Provided	12:15pm start	3x3 comp, skills & drills followed by an All Stars Game, singlets provided for all registered	Contact Bullinah AHS 66815644
Thursday 11th July Free Event	Cultural Family Celebration Gathering	Missingham Park/ Skate park Lunch provided	10am to 2pm	Cultural activities include: Weaving, dancing, Jewellery making, cultural art, cultural tours, didge playing, bush tucker tasting, Music.	Bunjum Aboriginal Corporation -66811540
Thursday 11th July Free Event	Goori Celebration of arts	Richmond room	5:00pm	EOI	Contact Lenkunyar Hickling 66810540
FRIDAY 12h July Free Event	Elders luncheon	Cherry street Bowling club	11:30-2pm	Entertainment provided Lunch, tea & coffee	Bunjum Aboriginal Corporation 02 6681154

This National NAIDOC Week Activity is funded by the National Indigenous Australians Agency. As well as listed Services

ALL EVENTS ARE DRUG & ALCCOHL FREE





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Connecting Culture Tracing Ancestors Workshop

Bunjum Aboriginal Corporation would like to thank Melissa Jackson First Nation Family History Specialist from NSW State Library who provided an opportunity for **local Goori People to participate in a Tracing Ancestors workshop held at JBCFC on 1st May 2024.**

The keen Community Members who attended had a chance to also be **introduced the State Library diverse family history collection and resources and strategies to assist in your further research project/s.**

Feedback for Community about the workshop below:

- ◇ *"I was unsure how the would help me trace my family history but with support of State Library Team it helped me to now start tracing my Mob."*
- ◇ *"Thank you to Bunjum for arranging with the State Library First Nation Team to show us the way we can trace our Family/Mob."*

You can join the NSW State Library by filling out for a library card and access the resources and this includes First Nations Family History Specialists can be contacted by phoning Speak with a librarian
Call: [\(02\) 9273 1414](tel:0292731414) or typing link below:

<https://www.sl.nsw.gov.au/about-library/services/indigenous-engagement/nsw-first-nations-family-history-research-guide>

Connection to
Cabbo by Local
Bundjalung
Artists D. Roberts





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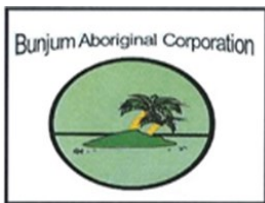
Hi Everyone as you would be aware the centre is having some renovations completed over the next 2 months which will cause some disruption to the children's room arrangements. However, in the end give us better spaces to play.

The renovations started on Wednesday 5th June in the Nursery room where the bathroom area, laundry and kitchenette will be renovated. Also new flooring throughout the room. These works will take approximately 3 weeks to complete. In the interim the Nursery children have relocated to the community room and foyer of the integrated service. This transition has been very smooth and the Jarjum babies are loving having their own playground to enable their gross motor development. Thankyou to Teeearn our Early years Family coordinator and Monique and Isaiah (reception) for the extra help during this time.

As this space doesn't come under our licenced premises families have signed an excursion note to enable us to take your Jarjums into this space. Sign in and out on the kiosk will remain the same. Please don't forget to pop over and sign your Jarjum in on the kiosk. The jarjums will family group in the Gargoon room from 7:30am until 8:30am, at 8:15am the nursery children will transition to the community room until 345pm then they will return to the Gargoon room for family grouping.

After the initial works are completed the Jalums will reoccupy their room at that time the Gargoons and Namadgan jarjums will move across to the temporary space.





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JBCFC

**PLEASE
SIGN IN & OUT
HERE**



JBCFC June 2024 Newsletter

Please bare with us during this time as the only other option was to close rooms during this period and we didn't want to put our families in the situation of no childcare for weeks at a time so we developed this plan to ensure we could remain fully open. Also we apologise that some car spaces are accommodated by builders trailers however this is imperative to ensure the works are completed in the shortest time frame. The centre held an information evening in regards to the renovations prior and got some very constructive feedback from families which was great to hear.

If any family has any questions in regards to the works please don't hesitate to contact myself on 02 66 811540 or in person at 10 Hayman st West Ballina.

Also we are updating our policies to be inline with regulations further below is our Nutrition policy for your perusal. Please provide feedback on this policy if you would like to add any input.

Kind Regard

Tanya, Centre Director

JBCFC



Identity and family

Children feel a sense of identity when their families are honoured, celebrated and included at their service.



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Jalum Room

As I am writing this the jarjums are sitting in the winter sunshine enjoying Uncle Ray's singing and music. The jarjums get really involved tapping on their sticks, dancing and joining in. The Jalum jarjums have settled into their temporary space with ease and delight. Uncle Ray brings much joy to the jarjums and aunties every Tuesday morning sharing his music and Bundjalung language with generosity. We are very grateful for his contribution.

Our jarjums started the year with many new friends joining us each week. We continue to build strong relationships with our jarjums and families as we welcome little ones to our group. Our family connections are so important as we collaborate together to provide the best experience for the jarjums.

Our jarjums have been embracing the Cultural Calendar as we bring country into our classroom through art, craft and song. The jarjums created beautiful mullet that swam across our classroom creating a sense of the seasons. We have explored birds and their movement and the jarjums are delighting in the birds visiting in our temporary playground. Accessing the natural space is teaching our jarjums many things as they watch the wind blow, listen to the leaves and watch the birds.

Our jarjums are true explorers as they develop their gross motor skills and discover more about the world through their own interests. We support our jarjums to undertake many different activities, art, sensory and physical. Our older jarjums are competent climbers whilst our smaller jarjums are learning to roll over. They can all watch and learn from each other in their time at Jarjum Bugal Nah.





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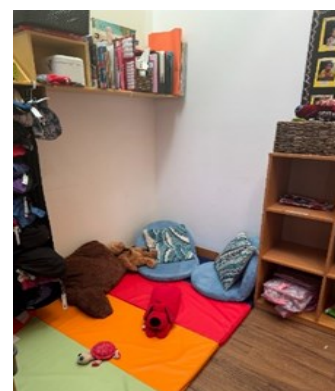
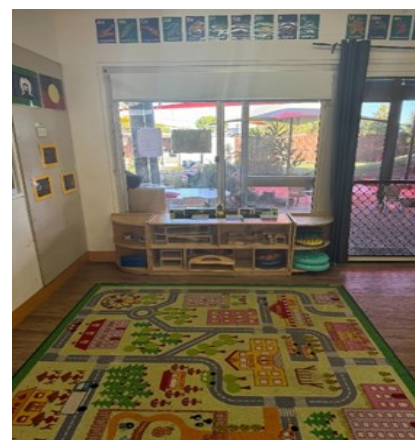
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Good morning Gargoon families,

In the last few weeks, we have been making a few changes to the room

Before, it was one open area where all Jarjums were playing. However, we decided to modify the distribution of the furniture likewise 7 corners are found now; Group time corner, blocks and library corner, tables corner, home corner, quiet corner, art corner and animals corner.





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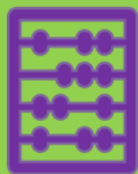
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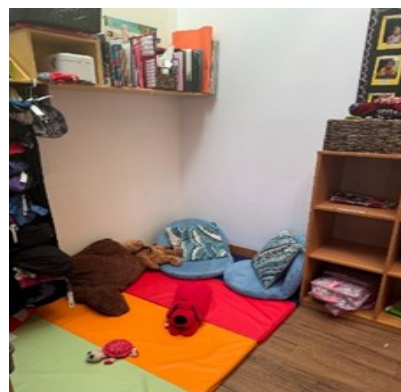


Gargoon Room

This way Jarjums are engaging better, respecting the space and play of their peers being able to develop their ideas without being interrupted. Additionally, we have introduced our routine with visuals on the wall, for them to see what is coming next and how many things we have left before home time.



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Jarjums are loving these new changes, hopefully you like them too.

Have a lovely day.

Gargoon Team.





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Ngamandjin Class News:

Hello Parents and Caregivers,

So much has been happening in the Ngamandjin Class (Preschool)! We are also enjoying some sunny weather now that the rain has slowed down.



In Term One, our focus was on getting to know each other, learning names, understanding daily routines, organising our space, and using our imagination during playtime. As part of our daily routine, we start each day by climbing our obstacle course. All the jarjums take turns climbing up, over, and through the large outdoor equipment. They are becoming real experts!

In Term Two, we continue to encourage playing, being friendly, and caring for each other. The work and play in preschool have helped the jarjums develop new skills, which is very exciting. For instance, all the climbing has helped prepare the jarjums to use the smaller muscles needed for drawing, writing, and catching a ball. More exciting we have gotten to know each other and make new friendships, new play, new ideas and not being so shy.



Deadly

Jarjum's





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We like to
learn
Bundjalung
Nyangbal
Language
It is Time
Aunt Trudy



Ngamandjin

JBCFC June 2024 Newsletter

The jarjums are learning to recognise and write their names. They are very enthusiastic and often gather to watch each other write their names. We are also learning to count through songs, stories, and other activities such as board games and hopscotch.

Every Tuesday, Uncle Ray visits and brings his joy of music to the jarjums. In the coming months, I'm sure you will hear some of the songs we have been practicing. The jarjums love this time, and often join in singing and dancing or using their musical instruments



Aunt Trudy visits weekly with Aunt Sarah, and together they share a Culturally rich Bundjalung Language program with the jarjums. We are also hearing stories about whales, the stars, and practicing the language that Aunt Trudy shares. Our day is filled with Cultural moments, from our morning Yarn Up Circle to singing songs and being guided by our Cultural Calendar in many of our daily activities such as cooking pipipi fritters, and soon we will be making



Recently, Uncle Alwyn visited the preschool and is teaching the boys a dance. Soon, it will be the girls' turn too. The jarjums are so excited and are looking forward to showing you, their dances. I promise, they are so deadly!



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Being Nice
Sharing
Kind
Be Happy
No
fighting
Be friends
Look after
country
Listen
Don't be
angry
Be Happy



Ngamandjin

JBCFC June 2024 Newsletter

As part of the **Cultural Calendar**, since it's winter, we are focusing on the whales that are starting to migrate to warmer waters. We would love to start some walks to the nearby park to observe the changes in the trees and plants and to do some drawings. The jarjums are thoroughly enjoying the art and craft activities, and there is always some sort of art on offer. Singing, dancing, and dressing up are also favourites. If you happen to arrive around 3 pm, you will usually find us dancing and singing to some songs. In the next week or so, the jarjums will also enjoy a puppet show about some whales.

Recently, we asked the jarjums, "What makes a good friend?" **Here are some of their beautiful responses:**

Bailey: Being nice, sharing, be kind.

Huey: Be happy.

Alistar: Be happy.

Klarrahbella: No fighting, be friendly

Remy: Be nice to people and don't be rude.

Listen to people, look after Country.

George: Play together, don't be angry.



With the gorgeous flowers blooming for winter, Auntie Amanda has been helping the jarjums with pastel drawings focusing on the flowers.

Thank you for keeping up with all of our stories through our Story Park App, where you will find out more about what we do each day.

Strong in Culture - Strong in Identity





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JBCFC June 2024 Newsletter

Food, Beverages, Nutrition and Dietary Requirements.

QA 2- Children's Health and Safety

Policy Statement

- Under the food safety Code, Child Care Centre's are identified as a category one business who handle unpackaged, potentially hazardous food that is ready to eat. These businesses must implement all three food safety management tools (food safety supervisor, food handler training and evidence), to strengthen their management of hazards known to contribute to foodborne illness.
- This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.
- Jarjum Bugal Nah is committed to implementing the healthy eating key messages in the *Australian Infant Feeding Guidelines* and *Australian Dietary Guidelines* as outlined in the *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood* resources. The service will also refer to other government bodies such as the Department of Health, the National Health Medical Research Council and state/territory public health initiatives (for example: *Munch & Move* in NSW) in relation to healthy eating and menu planning resources.
- Further, we recognise the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

The service is committed to ensuring adequate health and hygiene practices are followed when handling preparing and storing food as per the Food Standards Code and Food Act 2023.

Goals / What are we going to do?

Our service recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care.

Developing healthy eating habits and attitudes during childhood is important for children's long-term nutritional wellbeing. Healthy eating habits, together with regular physical activity, contribute to a child's physical growth, capacity to learn and the development of a positive body image and self-esteem. Good nutrition also prevents illness and health problems such as obesity. The service recognises the importance of a well-balanced diet to provide food of high nutritional value and quantity.





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Strategies / How will it be done?

Encourage and support breastfeeding and appropriate introduction of solid foods and Dental Hygiene

The service will:

Apply current national infant feeding recommendations.

Provide a suitable place within the service where mothers can breastfeed their babies or express breast milk.

Support mothers to continue breastfeeding until babies are at least 12 months of age while offering appropriate complementary foods from around 6 months of age.

Ensure the safe handling of breastmilk and infant formula including transporting, storing, thawing, warming, preparing and bottle feeding.

In consultation with families, offer cooled pre-boiled water as an additional drink from around 6 months of age.

Always bottle feed babies by holding baby in a semi-upright position.

In consultation with families and guardians, determine appropriate foods (type and texture) are introduced around 6 months of age.

In consultation with families, offer a variety of foods to babies from all the food groups.

Always supervise babies while drinking and eating - ensuring safe bottle feeding and eating practices at all times.

The Centre systematically incorporates information on dental health practices into the children's program.

The Centre will provide information to families on dental health practices relating to different age groups of children as recognised by health and dental authorities.

See Breastfeeding and Dental Policies

Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Australian Dietary Guidelines

The service will:

Where food is provided by the service:

- Provide children with a wide variety of healthy and nutritious foods for meals and snacks including fruit and vegetables, wholegrain cereal products, dairy products, lean meats and alternatives.
- Plan and display the service monthly menu that is based on sound menu planning principles and meets the daily nutritional needs of children whilst in care.
- Plan healthy snacks on the menu to compliment what is served at mealtimes and ensure the snacks are substantial enough to meet the energy and nutrient needs of children.





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Policy continues—Food, Beverages, Nutrition and Dietary Requirements. -QA 2- Children's Health and Safety

J

- Vary the meals and snacks on the menu to keep children interested and to introduce children to a range of healthy food ideas.

B

- Ensure a qualified food Safety Supervisor is available to supervise food handlers.

C

- Ensure all food handlers are trained in food safety and hygiene or can demonstrate adequate skills and knowledge around food handling and hygiene.

F

Maintain a record of the food safety risk management or be able to show the food is safe.

C

Where food is brought from home:

N

- Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.

E

- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.

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- Discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes (where possible). Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and corn chips.

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The service can accommodate some processed foods based on children's sensory processing needs where applicable.

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Promote safety

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- Ensure water is readily available for children to drink throughout the day.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.

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Children with allergies/intolerances will have Action Plans developed in consultation with parents, staff and medical professionals updated annually. This will be displayed for staff information.

R

Where children are on special diets, the parents may be asked to provide a list of suitable and unsuitable foods or their child's preferences or to supply special food to meet dietary requirements.

- Ensure young children do not have access to foods that may cause choking.
- Ensure all children remain seated while eating and drinking.
- Always supervise children while eating and drinking.





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Policy continues—Food, Beverages, Nutrition and Dietary Requirements. -QA 2- Children's Health and Safety

Safe food handling

- The service will apply current national food safety standards and recommendations, as well as information from applicable state/territory food authorities.
- Encourage and provide opportunities for cooking staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- Provide food to children that has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.
- Ensure gloves are worn or food tongs are used by all staff handling 'ready to eat' foods.
- Children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Food is stored and served at safe temperatures i.e. below 5°C or above 60°C.
- Separate cutting boards are used for raw meat and chicken and utensils and hands are washed before touching other foods.
- Children will be discouraged from handling other children's food and utensils.
- Food-handling staff attend relevant training courses and pass relevant information onto the rest of the staff.

The Centre will respect family wishes for cultural or religious aspects of food preparation as long as these are inline with safety standards

Provide a positive eating environment which reflects cultural and family values

- Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Provide an eating environment that assists the transmission of family and multicultural values
- Cultural differences will be recognised and accepted
- Food awareness activities will be chosen from a variety of cultures
- Special occasions may be celebrated with culturally appropriate foods
- Parents will be invited to at least one food occasion each year

Where possible, snacks and drinks will reflect a wide variety of cultures, especially the cultural backgrounds of families within the local community.





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Food, Beverages, Nutrition and Dietary Requirements.

QA 2- Children's Health and Safety



- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Encourage older toddlers and preschoolers to assist to set and clear the table and serve their own food and drink – providing opportunities for them to develop independence and self-esteem.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.

- Children will be encouraged to try different food but will never be forced to eat. Their food likes and dislikes and their families religious and cultural beliefs regarding food will always be respected.

Do not use food as a reward or withhold food from children for disciplinary purposes.

Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices.

- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating. Encourage children to participate in a variety of 'hands-on' food preparation experiences.

Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.

Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service

- Provide a copy of the Nutrition, Food, Beverages and Dietary Requirements Policy to all families upon orientation at the service. Families will be provided with opportunities to contribute to the review and development of the policy.
- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met. Details of any dietary restrictions will be kept in children's enrolment record.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.

Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including newsletters, during orientation, information sessions and informal discussion.





Bunjum Community News

44 Tamar Street Ballina NSW 2478 **Phone:** 0266865644

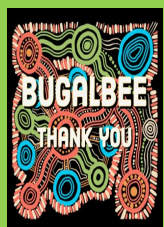
10 Hayman Street West Ballina NSW 2478 **Phone:** 0266811540



JBCFC June 2024 Newsletter

**Bunjum
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Food, Beverages, Nutrition and Dietary Requirements.QA 2- Children's Health and Safety

Term	Meaning
Food safety supervisor	A person who: (a) holds a food safety supervisor certificate that has been issued within the immediately preceding period of 5 years; and (b) has the authority and ability to manage and give direction on the safe handling of food
food safety supervisor certificate	Certification as a food safety supervisor by: (a) a registered training organisation; or (b) an organisation recognised by the * relevant authority under the application Act.
Reasonably available	Generally, means the FSS physically works on-site and oversees food handling of high-risk unpackaged foods, or can be easily contacted (e.g., by phone) if established food handling procedures are in place at the business.

Roles and Responsibilities.

Role	Authority/Responsibility For
Approved Provider	- Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011. - Allocate finances for training and food safety. - Allocate finances to ensure provision of nutritionally balanced and culturally sensitive meals as required. - Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service. - Ensure all requirements under the Food Standards Code and Food Act 2023 are met.
Nominated Supervisor / Responsible Person	- Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the service to minimise risks to children. Ensure that, where food and beverages are supplied by the service, they are: » Nutritious and adequate in quantity » Chosen with regard to the dietary requirements of individual children - Ensure that, where food and beverages are provided by the service, a weekly menu that accurately describes the food and beverages to be provided is displayed at the premises in a location accessible to parents. - Ensure all requirements are met under the Food Safety Standards Code and Food Act are met. - Maintain all records as required by the Food Safety Standards Code and Food Act 2023.



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Food, Beverages, Nutrition and Dietary Requirements.

QA 2- Children's Health and Safety

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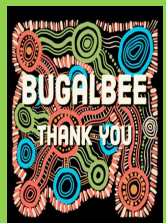
Early childhood Educators	Educators will: • Adhere to the strategies and practices of the Nutrition, Food, Beverages and Dietary Requirements Policy. • Adhere to the Food Safety Standards Code and the Food Act 2023. • Ensure children's individual dietary needs are adhered to. • Provide positive mealtime experiences for children. • Respect the individual needs and choices of children. • Actively supervise children during meal times. • Adhere to the service's <i>Hygiene and Infection Control</i> Policy. Complete appropriate training as per service requirement. The link to the basic handler training is a guide only.
Families	• Communicate regularly with educators/staff regarding children's specific nutritional requirements and dietary needs, including food preferences. • Contribute menu ideas and recipes.

Legislative Requirements

This policy refers to the legislative requirements for the nutrition, food and beverages and dietary requirements.

Examples include but are not limited to:

Health & Safety





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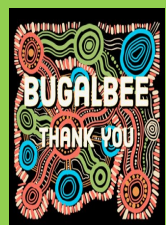
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Food, Beverages, Nutrition and Dietary Requirements.QA 2- Children's Health and Safety

Induction and ongoing training

Induction training and frequency of ongoing training and information will be shared to assist managers, coordinators, educators and other staff to fulfil their roles effectively.

Monitoring, Evaluation and Review

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every 12 months.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

Review the services policies and procedures. In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

This policy will be monitored to ensure compliance with Legislation

Related Legislation and NQF

- Education and Care Services National Law Act 2010: Section 167
- Education and Care Services National Regulations: Regulations 77-80, 162(e), 168(2)(a)(i)
- Work Health and Safety Act 2011
- National Quality Standard, Quality Area 1: Educational program and practice - Element 1.2.3: Child directed learning.
- National Quality Standard, Quality Area 2: Children's health and safety - Element 2.1.3: Healthy lifestyle
- National Quality Standard, Quality Area 5: Relationships with children - Element 5.1.2: Dignity and rights of the child
- National Quality Standard, Quality Area 6: Collaborative partnerships with families and communities - Element 6.1.2: Parent views are respected.
- Early Years Learning Framework: Outcome 3 – Children take increasing responsibility for their own health and wellbeing



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Food, Beverages, Nutrition and Dietary Requirements.QA 2- Children's Health and Safety

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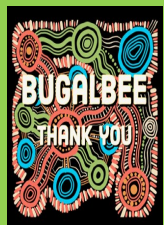
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Information Sources

- Food Standards Australia New Zealand 2023 - Decision tree for Standard 3.2.2A A business's classification as category one or category two depends on their activities with unpackaged food that is both ready to eat and potentially hazardous food.
- Please refer to the Decision tree for Standard 3.2.2A on page 24:
- www.foodstandards.gov.au/publications/SiteAssets/Pages/safefoodaustralia3rd16/Standard%203.2.2A%20Food%20Safety%20Management%20Tools.pdf#page=24
- Food Standards Australia New Zealand 2023 - Template examples
www.foodstandards.gov.au/publications/SiteAssets/pages/safefoodaustralia3rd16/APPENDIX%208%20Templates-%20for%20WEB%20PAGE%20ONLY%20-%20double%20versions.docx
- NSW Government Food Authority - Free basic food Handlers courses
www.foodauthority.nsw.gov.au/training/food-handler-basics-training
- Community Early Learning Australia- www.cela.org.au

Related Policies

- Administration of First Aid
- Enrolment and Orientation
- Medical Conditions
- Incident, Injury, Trauma and Illness
- Dealing with Infectious Diseases
- Providing a Child Safe Environment
- Excursions
- Governance and Management
- Bottle Warming and Storage of Breast Milk Policy
- Dental Policy



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Food, Beverages, Nutrition and Dietary Requirements. JBCFC June 2024 Newsletter

QA 2- Children's Health and Safety

Developed	Reviewed
May 2013	May 2015 February 2018 August 2019 August 2021 September 2023

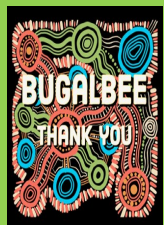
Sign and Date to acknowledge that you have read and understand this policy.

Name: _____ Date: ____/____/____



Early Years Framework- SNAICC

“By focusing on children’s individual, family, community and cultural **identity** early childhood services help to build children’s self-esteem and confidence. For Aboriginal and Torres Strait Islander children, the idea of **personal identity** is linked to **cultural identity**. Harnessing children’s cultural identity helps to develop their sense of **being, belonging** and **becoming.**”





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From the Kitchen Healthy Snack Ideas

Davidson Plum Jam

Ingredients

700 g davidson plums

700 g sugar

1 lemon, juiced

$\frac{1}{2}$ vanilla pod, cut in half lengthways

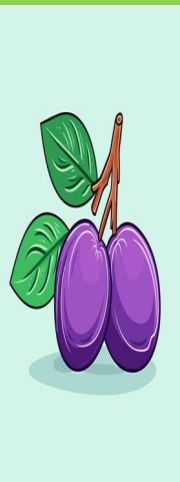
Instructions

Start off by washing your plums and then cutting them in half and removing the two seeds in the middle. Place them into a non reactive pot. Weigh the plums and add equal parts sugar. 500g = 500g sugar ect.

Add the lemon juice and vanilla pod and heat the mixture over a moderate heat. Stir occasionally until the sugar dissolves. Bring to a light rolling boil and allow to simmer for an hour or until the mixture has slightly thickened.

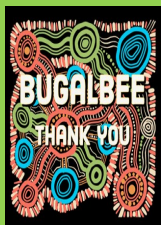
Test the mixture by putting a small amount on a saucer and place in the freezer for a minute to see if it sets.

Once the mixture is ready, pour out into jars. Put the lids on immediately and allow to cool before storing.



Yummy

Lets Try It





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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 unlabelled 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 rectify immediately.



Signing in and out - Please remember to sign your child in and out each day. We have the new electronic system up and running which makes it a lot easier for parents to confirm times and attendance. 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



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.



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Ratings and Assessment

Exceeding National Quality Standards June 2020

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EXCEEDING

NATIONAL QUALITY STANDARD



JBCFC June 2024 Newsletter

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Did you know? Children aged between 2-3 need 2½ serves of veggies every day - and children aged 4 to 8 need 4½ 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 Lunches 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.





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RENOVATIONS

JBCFC

CLOSED

8 July 2024

REOPEN:

22 July 2024

JBCFC TEAM
WILL BE
WORKING
DURING THE
CLOSURE
PERIODS
TO PREPARE
ITEMS IN
PREPARA-
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FOR
JARJUMS
RETURN
WHEN
CENTRE
OPENED



STOP THE PRESS - URGENT NOTICE

Dear Centre Families,

Correspondence was sent out recently in regards to closures for the current renovations to our Centre. Unfortunately, no time-lines go to plan and as of today we were advised by the Contractors of the following changes to renovations projected timelines below:

⇒ the Nursery area will not be accessible now until the end of next week.

⇒ The playground area has also now blown out to 2 weeks instead of 1.

Good news is our playground space will be fully accessible from Tuesday 2nd July to Friday 5th July and the JBCFC Centre will now be open all week, and no closure on Monday as previously advised.

However after further consultations with the Contractors there is no alternative options and we will now need to closed the Centre to ensure all works get completed on time throughout the school holidays for the next part of the renovations.

This means the Centre will be closed from Monday 8th July - reopen Monday 22nd July (in school holidays).

We understand the difficulties this proposes for our Centre Families. Bunjum Management and JBCFC Centre Team exhausted possible options to continue Centre operating throughout the renovations but unfortunately had no other safe options and had to make this decision as part of our duty of care for our jarjums, their families and Centre Staff.

When these current renovations are completed we will continue with the education and care of our Jarjums.

Bunjum Management and JBCFC Centre Team **THANK YOU** for your support and understanding as these improvements are required to ensure the best outcomes for our Jarjums and Centre compliance.

THANK YOU

BUNJUM MANAGEMENT



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Bunjum Staff Introduction

Hi, my name is Rachel and I am the **Changing Ways Lead Coordinator at Bunjum** and I would like to take this opportunity to introduce myself. I am a local woman who grew up in Alstonville. I have 3 children. I have qualifications, and vast Experience in working across the social support services sector Child Protection, homelessness, alcohol and drug intervention, school counsellor, community mental health, domestic and family violence. I work alongside Uncle Lester (male support worker) and Aunt Kath (female support worker) in the Chways program. **I am honoured to be here now at Bunjum to work in the Changing Ways Program so please come in and have a yarn.**



Thank you



Jingeela (Hello), My name is Jacqueline Cook (Jackie). My Cultural Connections are Bundjalung Nyangbal and Dunghutti and I lived and worked within Aboriginal communities across these Nations. **I have been working for Bunjum Aboriginal Corporation since April this year as the Goori Gumaguy Blaggang Mirr (Aboriginal Families Together) Program.**

I have worked in the health and social services fields and bring a wealth of knowledge, experience and quals as a Goori Worker to this TEI Coordinator position and I am pleased to work now within the Aboriginal Community Controlled area.

The Aboriginal Families Together TEI Program delivers targeted early intervention support to Goori jarjums, their families, young people, Elders, individuals Community Members. I work with the TEI Team Letisha, Monique, Cody and Alwyn.

At the moment our TEI Team are working at Bunjum Office at 44 Tamar St Ballina due to the JBCFC Renovation and when completed we will move back in the 10 Hayman St West Ballina Centre Support Office. **Looking forward to you coming in for a yarn or call me.**

Jackie





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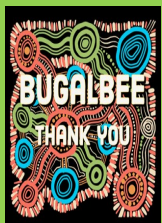
Bunjum Changing Ways Program

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Service**



**Bunjum
Changing
Ways
is a
Aboriginal
Family
Violence
Program**



The objective of the Changing Ways program is to empower families and individuals with the awareness and skills to assess and address their personal needs whilst working towards a non-violent Goori community. Bunjum Changing Ways program is a family Support Program for Aboriginal People in the Ballina area.

Our service offers a Culturally safe, confidential space where ongoing support can be provided for immediate necessities and cultural needs. We offer trauma informed, Culturally safe counselling, advocacy and referrals to other services. **We are currently offering the following:**

Daily Supports:

- ♦ Individual case management
- ♦ Counselling for individuals, couples, children and families
- ♦ Parole and AVO support and assistance

Bunjum Office is open Monday - Friday 9am to 4pm for any individual to join in yarn ups, a safe place to be present, for a cuppa, any paperwork support, counselling, emergency relief, AVO assistance and/or case management where you can access information, resources, access to a phone or computer or any individual needs.

Every Wednesday:

Men's group. Alternating between Ballina and Wardell between 10.30am – 2.30pm

All Aboriginal and Torres Strait Islander men are welcome to join in. Come and have a yarn up, arts and crafts, connection to country, men's business, dv specific learning and culturally confidential counselling.

Every Second Thursday:

Women's group in Ballina between 10.30am – 2pm.

A warm welcome to all Aboriginal and Torres Strait Island Dubay women in Community to support in Wellbeing and Emotional Health. Women experiencing complex trauma through the events of Domestic and/or Family Violence.

And other services in between just keep an eye out for our flyers and information on our social media pages.

On Occasions:

Men's camp

Women pamper days

Art and Craft support groups

DV specific education sessions;

Special days for men and women



1800RESPECT
NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELLING SERVICE

1800737732



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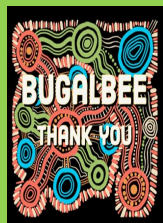
BUNJUM SERVICES UPDATE

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**Bunjum
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Program**



Bundjalung Nyangbal Language

The Bunjum Bundjalung Project supports the local Aboriginal Community rights to continuous opportunities to be active, engaged participants in building on Community Bundjalung Nyangbal Language Program on Country within our local Aboriginal Cultural Knowledge, Heritage, Traditions to reclaim, re-talk, re-practice, face-to-face and shared local Nyangbal Language to wider audiences using various creative-digital-art-forms. The Bundjalung Language Speaker/Project Officer role will work on projects that will progress teaching and learning across the Ballina LGA through working with all Stakeholders.

For Further information please don't hesitate to contact us

Trudy— 66865644

Maintaining Aboriginal Cultural
Connection through local
Aboriginal Language

Voicing Bundjalung Language

Goori Youth Workers

The Bunjum Goori Youth (GY) Program is working with our Aboriginal Students, their Parents, and Schools to increase engagement, school attendance and improve educational outcomes for ATSI Students at Ballina Coast HS and Alstonville HS focusing on students in grades 7 to 9.

This includes a culturally based mentoring service available.

- Program Activities: Cultural Camps and excursions
- Training & Skills Development
- Literacy & Numeracy
- Health & Well-being

Come along and enjoy the activities at our Homework Centre at Bunjum 44 Tamar Street Ballina. The Homework Centre is available Monday and Wednesday afternoons from 3:30pm to 5:00pm. Call US on 66865644 or our mobiles below.

Nena— 0408837308

Rani—0472770540

BUNJUM OFFICE 44 TAMAR ADMIN SUPPORT—FIRST POINT OF SERVICE CONTACT

We are still available to assist you and please contact Dan at Reception 66865644 to take your enquiry and refer you to the right Bunjum Team to support and meet your needs

E: reception@bunjum.com



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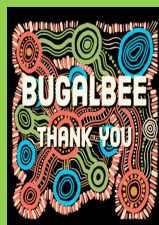
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Program**



JBCFC Early Years Support

Bunjum JBCFC Centre Early Years Family Worker offer support to jarjums from ages 0-8 and their Families in the Ballina CTI and surrounding areas. A part of the role is to:

- work closely with Jarjum Bugal Nah Childcare Centre and Schools for Jarjum's transition.
- Support to Families with linking their children, enrolment in childcare
- bringing programs and services to help support the jarjums and families
- connecting jarjums, parents, community, elders into Centre to share Culture with our Jarjums.

Service is from 9am-430pm Monday to Friday.

Call Teeearn on 0481491443

Come along to have a yarn on how we can better work with you as your voice is important to us.

Goori Gumaguy Blaggang Mirr Aboriginal Families Together Program

What is it about?

Providing culturally appropriate, sensitive support services to meet the needs of Aboriginal Jarjums, Young People, Parents and Community in timely manner when required.

How to get support?

Come along and meet Bunjum Goori Gumaguy Blaggang Mirr Aboriginal Families Together dedicated experienced Team at Bunjum Office at 10 Hayman St West Ballina or phone 66811540 or call us on our mobiles:

Contact Us-

TEI Service Coordinator - 0461288725

Family Support Workers-

- Alwyn
- Letisha
- Community Connectors/Reception Workers—Monique and Codey 66811540

Call Us Now - We are here to meet your needs - Confidential Services

Bunjum 44 Office—Administrative Manager

If you have an inquiry regarding payroll, accounts, HR and other administrative matters please contact Tammy Kapeen Payroll/Account Assistant Manager Monday to Friday on 66865644 or email: bunjumpayroll@bunjum.com



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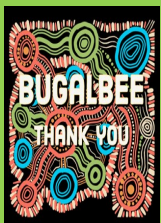
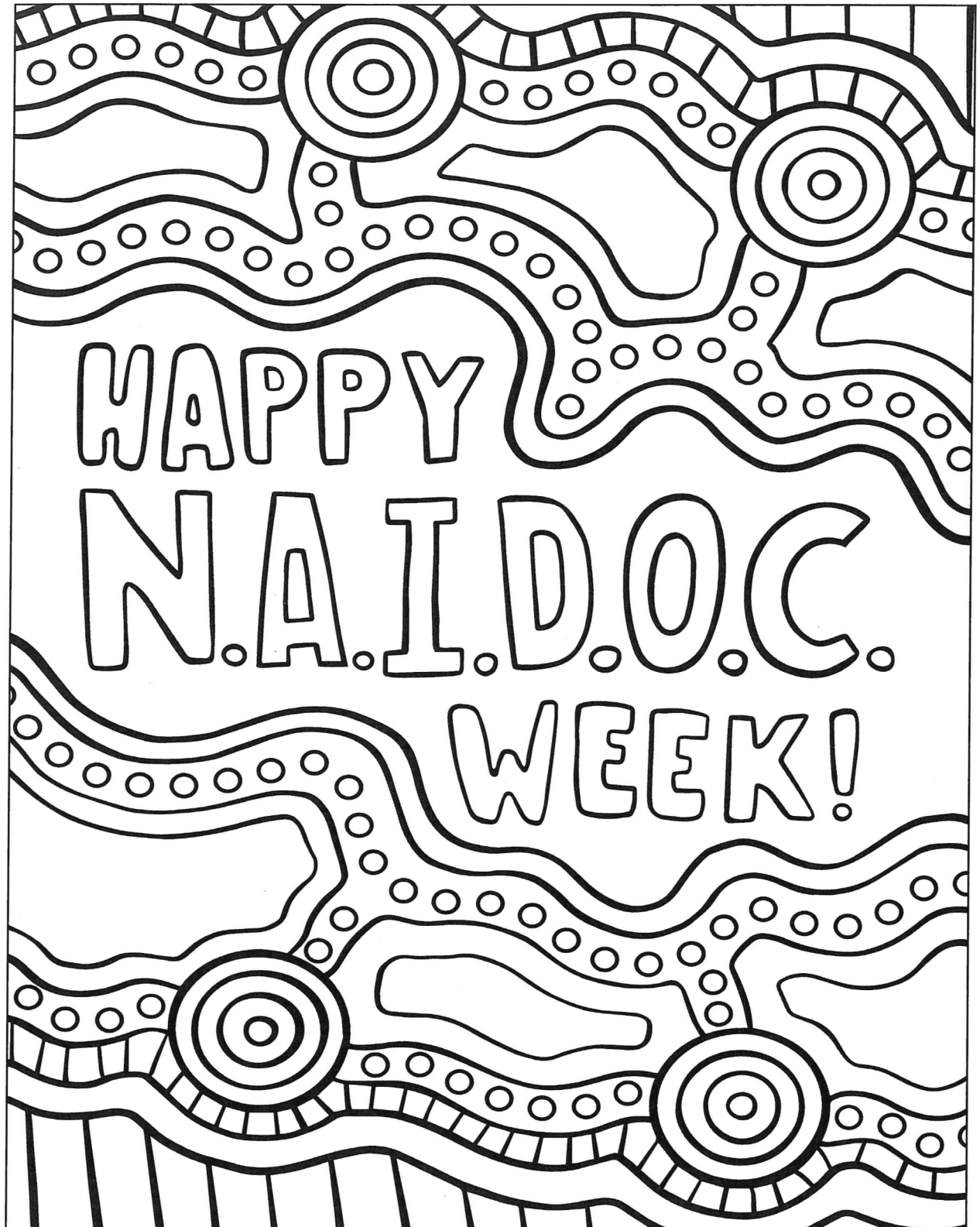
Deadly Jarjum Activities

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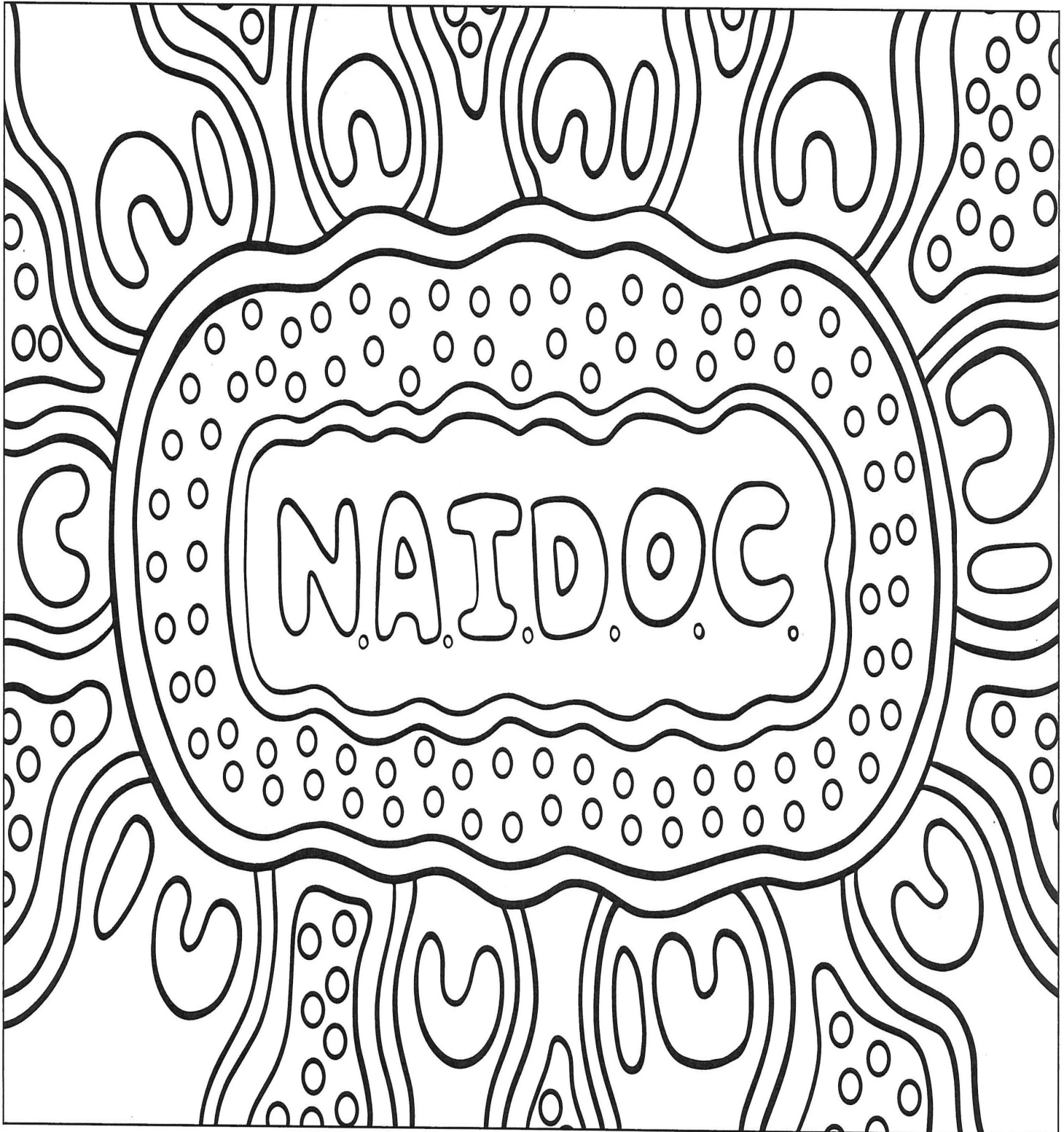
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Deadly Jarjum Activities





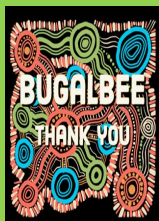
Deadly Jarjum Activities

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BUNDJALUNG NYGANBUL LANGUAGE & NUMBERS

BUNJUM NAIDOC QUIZ

Name:

Date:

1: **YABRUL**

Yabrul + Bula =

2: **BULA**

Yabrul + Yabrul =

3: **BULA YABRUL**

Bula + Bula =

4: **BULA BULA**

Jambay + Jabrul =

5: **JAMBAY**

Jambay - Bula =

6: **JAMBAY YABRUL**

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Bunjum Community News

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10 Hayman Street West Ballina NSW 2478 Phone: 0266811540



Deadly Jarjum Activities

Bunjum
Community
Newsletter
June Edition
2024

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Kangaroo
(Gu*u**n)

Snake
(N*a*n**r)

Koala
(Bu**ab*)

Turtle
(B**gi*g)

Kookaburra
(Ga*g**n)

Goanna
(Bu*g*n)

Dingo
(Da**y)



Bundjalung Language Word Match



Bulgin

Guruman

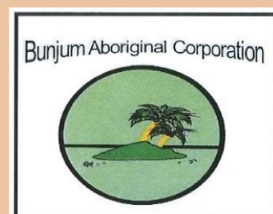
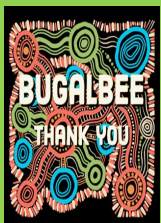
Ngaynbar

Dabay

Burrabi

Binging

Gargoon





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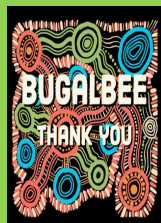


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Deadly Jarjum Activities

Name: _____

Aboriginal tribes Word Search



WARNINDILYAKWA

ALYAWARRE

MANGARAYI

ANDEGEREBENHA

GUNBALANG

MIRIWOONG

WANGKANGURRU

GUNAI

NGARINMAN

KARANGPURRU

JAMINJUNG

REMBARNGA

ANMATYERRE

KADJERONG

WADYIGINY



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Novice





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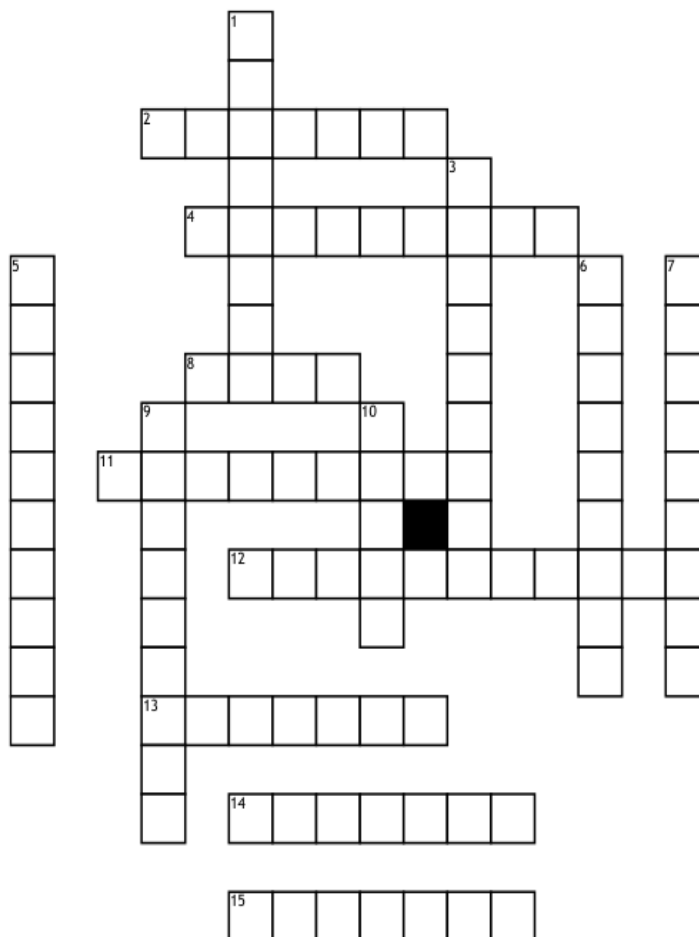
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Deadly Jarjum Activities

Name: _____ Date: _____

ABORIGINAL CROSSWORD



Across

2. A word you can use for representing blood related.
4. A process of life where a child needs to survive to become a full adult.
8. A pattern/style the aboriginal people used for their art.
11. A country New Zealand was connected to.
12. Who were the first/original people of Australia?

13. What is another word for something that is really old?

14. The Europeans wanted to get rid of it and make them European version.

15. A place where the half caste were kept until they were old enough to serve.

Down

1. A native animal to Australia with powerful back legs for defence and jumping.

3. A weapon that can be thrown a far distance.

5. A wind instrument that the Indigenous Australians created.

6. A time where the elders of the community tell about the creation stories.

7. A person with two or more nationalities.

9. What do they call most "white people"?

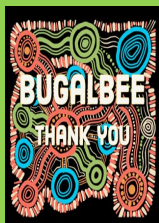
10. A sacred massive sandstone in Australia.

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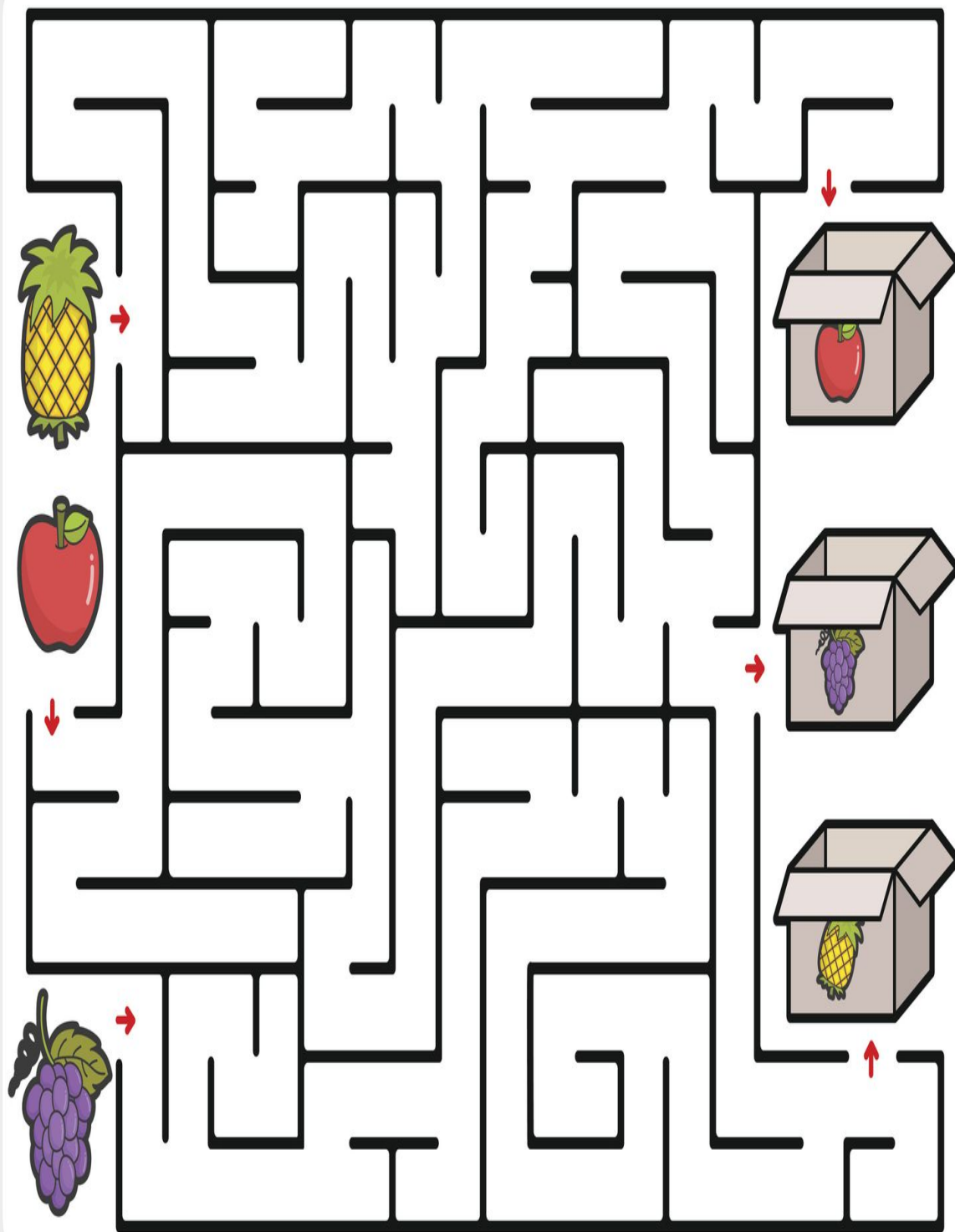
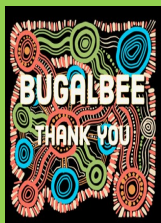
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Name.....



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KEEP THE FIRE
BURNING

...BLAK LOUD AND PROUD...

NAIDOC 2024

