Bushtucker
Bongil Bongil National Park

Location description and highlights
Bongil Bongil National Park is located on the mid-north coast ten kilometres south of Coffs Harbour, between Sawtell and Mylestom. It contains a rich mosaic of vegetation types, including littoral rainforests and wetlands of state significance, and sites and artefacts significant to the Gumbaynggirr Aboriginal community. The estuary of Bonville Creek divides the park and provides access to estuarine habitats of great interest and variety.

About this program
This program is located at the Bongil Picnic Area on Williams Road. A circuit walk of 1.5km through open forest features bushtucker plants and their uses, and access to Bonville Creek, where marine foods can be seen and discussed. Students are invited to become a “tribe” and are allocated totems, and are introduced to Aboriginal bushfood items, and cultural practices of caring for Country.

Objectives
Students will experience coastal ecosystems conserved in the park.
Students will learn some of the ways Aboriginal people used these ecosystems.
Students will learn ways to “care for Country”.

Program outline
• Group meets at Bongil Picnic Area - welcome by Discovery Rangers.
• Toilet break
• Walk 1.5km circuit and return to Picnic Area
• Farewell by Discovery Rangers. Record sheet supplied.

Links to support material for schools
About Bongil Bongil National Park
Resource package - Bongil Bongil National Park
• Fact sheet: Bongil Bongil - Place of plenty for indigenous Gumbaynggirr People
• Fact sheet: European impacts on Bongil Bongil National Park
• Worksheet: Bushtucker of Bongil Bongil National Park
• Worksheet: North east NSW - Gumbaynggirr place names
• Aboriginal language database of bushtucker names and place names

What is a National Park?
• www.environment.nsw.gov.au/edresources/TeachersKitNationalpark.htm

Additional references
Aboriginal bush foods
• www.rbgsyd.nsw.gov.au/education/resources/bush_foods
• www.teachers.ash.org.au/bushtucker
• www.muurrbay.org.au
• www.nma.gov.au/education/school resources

Level:
Stage 2
Stage 3

Key learning areas:
HSIE - Places: Then, now and tomorrow
HSIE - State and National Parks

Key outcomes:
• Students recognise that aboriginal peoples have a special relationship with the land and sea.
• Students examine some of the practices used by Aboriginal people to care for land and water environments.
• Students identify evidence of Aboriginal languages used in the local community, eg. place names.
• Students investigate and evaluate the significance of the national park

Location:
Bongil picnic area,
Bongil Bongil National Park

Length:
Two and a half hours

Time of Day:
Morning

Design technique:
• Students encouraged to observe and imagine
• Ranger supplies tribal and totemic identity and encourages role-play

Equipment used:
Historic photos, totem badges

Additional equipment:
Nil

Teacher resources:
Classroom resource package available on DECCW website.

Student resources:
Record sheet for noting facts learnt and observations made during the walk.
Meet at Bongil Picnic Area

The picnic area is 3km along Williams Road, reached via the old Pacific Highway, which lies west of the new highway.

Access to the old Pacific Highway is via the Lyons Road interchange, 15 km south of Coffs Harbour, or the Archville Station interchange, 7km north of the Waterfall Way intersection with the Pacific Highway at Raleigh.
Excursion planner

Bushtucker
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Level of difficulty
Easy
Not suitable for wheelchairs

What to bring and wear
Sun hat, walking shoes, water
Lunch if planning to lunch at the picnic area
Pencils to complete worksheet at end of walk
First Aid kit

Park facilities
Toilets at Bongil Picnic Area
Maintained walking track
Picnic tables and free barbecues

Supervision
Discovery Rangers will guide and encourage students as they carry out their field studies. It is the responsibility of the school to provide sufficient numbers of adult supervisors as required by the NSW Department of Education and Training. Students should be accompanied by their class teacher, who will be expected to assist in keeping the students on focus.

Student behaviour
Please note that permission has been given for the Aboriginal Discovery Ranger to use bush foods as an educational tool. Students and other members of the general public are not permitted to pick or remove any plant material from the National Park. For their own safety, students should be instructed to stay with the group at all times. They must not jump or climb on either the vegetation or any structures in the park.

Photo permissions
Photos of your group may be taken during this activity for use in National Parks and Wildlife Service promotional products. Please advise any objections.

National Park code of behaviour

- All features in the park are protected and nothing may be damaged or removed
- Stay on the walking tracks
- Light fires only in the fireplaces provided
- No pets are allowed
- Respect the rights of others and keep noise to a minimum
- Please take all litter home
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#### Safety information

This document provides background information to assist teachers in their risk management planning for excursions. Please make your own risk assessment based on the information provided. Information is current as at January 2010. Contact the Discovery Coordinator if more information is required.

Activity: Discovery Ranger guided walk in Bongil Picnic Area and surrounding bush on gravel fire trails and natural surface walking track. Return distance is 1.5km, vertical rise about 10 metres.

#### Location:
Bongil Picnic Area
Bongil Bongil National Park
Williams Road, Bonville NSW 2441

#### Staff Accreditation:
All Discovery Rangers have current Senior First Aid accreditation and carry first aid kits.
All Discovery Rangers have been screened for child-related employment and have completed a Prohibited Employment Declaration

#### Access:
Suitable for all age groups and low level fitness.
Wheelchair access to carpark, picnic area, river viewing platform, canoe launching pontoon and toilets, but NOT walking track.

#### Emergencies:
Staff are trained to deal with emergency situations and emergency procedures are in place.
The emergency evacuation area is located on the grass in the centre of the picnic area.
Discovery Rangers have been instructed to call an ambulance whenever there is any doubt as to the continued well-being of a student or other visitor.
Ongoing supervision of students following first aid treatment will be the responsibility of the visiting school.

#### Contact details:
Site Management
NPWS North Coast Region
Coffs Coast Area
Marina Drive (PO Box J200)
Coffs Harbour Jetty NSW 2450
Ph: (02) 6652 0900
Fax: (02) 6651 9525

Education Program
National Parks Discovery for schools
Discovery Coordinator
Dorrigo Rainforest Centre
Dorrigo NSW 2453
Ph: (02) 6657 2309
Mob: 0428 247 297
Fax: (02) 6657 2145
email: North.CoastRegionDiscovery@environment.nsw.gov.au

In an emergency call 000
NPWS after hours duty officer 02 6642 3620

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<table>
<thead>
<tr>
<th>Potential risks</th>
<th>Suggested control strategies</th>
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<tbody>
<tr>
<td>• Allergic reactions to plants and animal bites.</td>
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<tr>
<td>• Poisonous and prickly plants.</td>
<td>• Students to wear suitable walking shoes (no thongs or sandals) and long clothing.</td>
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<tr>
<td>• Snakes and ticks.</td>
<td>• Discovery Rangers to provide safety talk identifying hazards and emphasising care and</td>
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<tr>
<td>• Biting insects such as bees, wasps and mosquitoes.</td>
<td>respect for each other and the public.</td>
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<td>• Pre-existing medical conditions</td>
<td>• First aid kits to be carried by group leaders.</td>
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<td>• Interactions with other visitors.</td>
<td>• Ensure students are closely supervised by teachers/carers, walk in an orderly manner (no</td>
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<tr>
<td>• Students lost or separated from group.</td>
<td>running), remain on the track and keep together as group.</td>
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<tr>
<td>• Variations in track surfaces (trip hazards) and overhanging branches.</td>
<td>• Hazards on track to be identified to whole group when encountered.</td>
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<td>• Severe weather conditions. Strong winds and storms causing falling vegetation,</td>
<td>• Brief teachers/carers on route and procedure for waiting at all track intersections.</td>
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<td>hail or lightning strikes.</td>
<td>• Students susceptible to asthma to carry personal ventolin inhaler.</td>
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<td>• Exposure to sun, rain or cold conditions.</td>
<td>• Students at risk of anaphylactic shock to have access to own EpiPen according to individual</td>
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<tr>
<td>• Atmospheric conditions such as dust or smoke.</td>
<td>health plan.</td>
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<tr>
<td>• Risk of bushfires in the area.</td>
<td>• High risk students to be identified and monitored by teachers/carers.</td>
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<td>• Immersion in creek, or railway line accident</td>
<td>• Advise participants to check for ticks and leeches during and after the activity.</td>
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<tr>
<td>• Head teacher to contact Area Office for advice if severe weather or very</td>
<td>• Student movement supervised and managed to keep away from waterway and railway track.</td>
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<tr>
<td>hire fire danger is predicted.</td>
<td>Do not allow students on canoe pontoon or under railway bridge.</td>
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</tbody>
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