

# 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

- [www.environment.nsw.gov.au/nationalparks/parkhome.aspx?id=N0089](http://www.environment.nsw.gov.au/nationalparks/parkhome.aspx?id=N0089)

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](http://www.environment.nsw.gov.au/edresources/TeachersKitNationalpark.htm)

### Additional references

Aboriginal bush foods

- [www.rbgsgyd.nsw.gov.au/education/resources/bush\\_foods](http://www.rbgsgyd.nsw.gov.au/education/resources/bush_foods)
- [www.teachers.ash.org.au/bushtucker](http://www.teachers.ash.org.au/bushtucker)
- [www.muurrbay.org.au](http://www.muurrbay.org.au)
- [www.nma.gov.au/education/school\\_resources](http://www.nma.gov.au/education/school_resources)

### Program outline

#### Levels:

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.

# Bushtucker

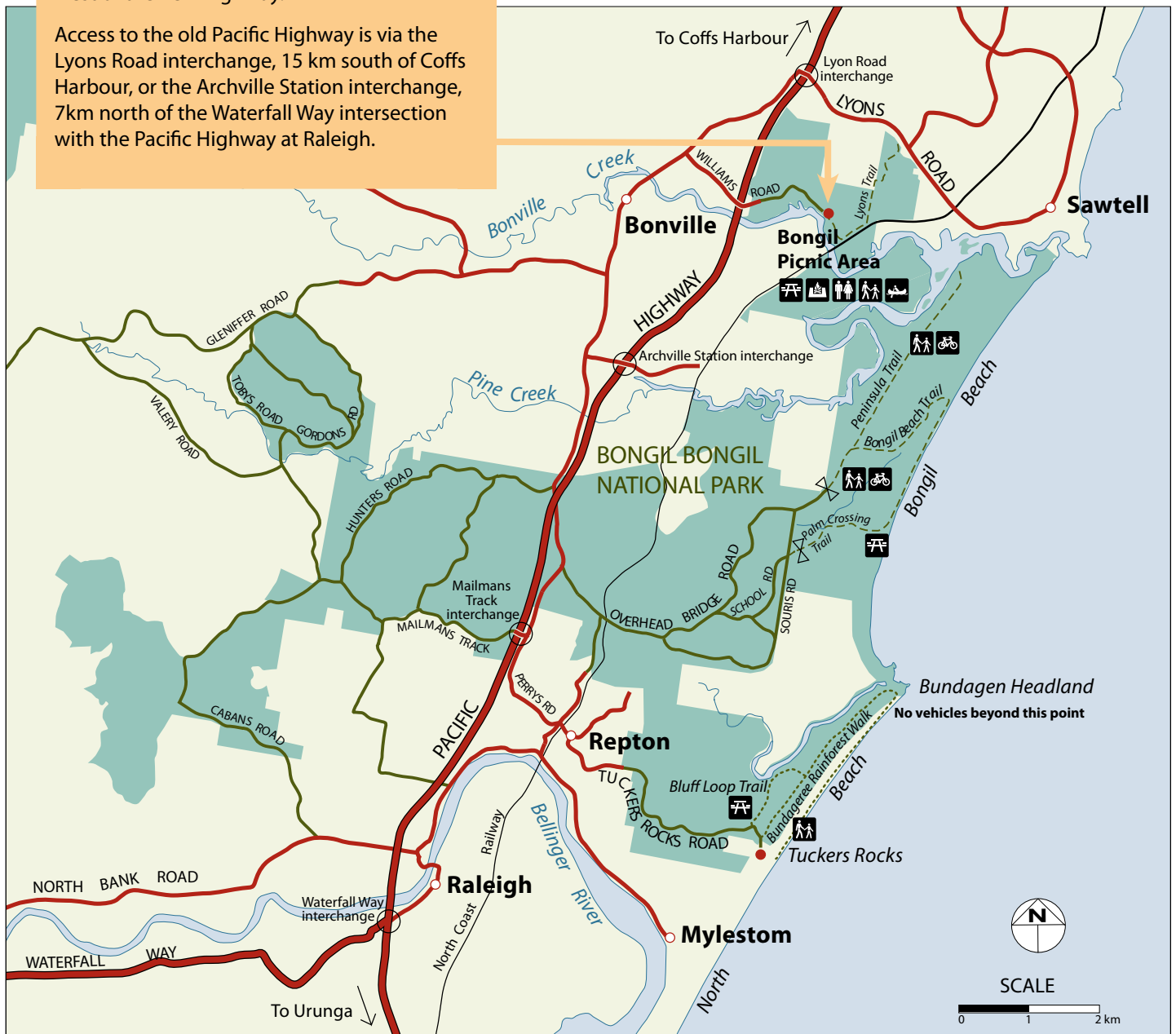
## Bongil Bongil National Park

### 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.

### Location map



# Bushtucker

## Bongil Bongil National Park

### 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.

### Excursion planner



*Lilly pilly fruit*

### 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



*Wombat berry*



*Lomandra*

## 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.

Potential risks	Suggested control strategies
<ul style="list-style-type: none"> <li>Allergic reactions to plants and animal bites.</li> <li>Poisonous and prickly plants.</li> <li>Snakes and ticks.</li> <li>Biting insects such as bees, wasps and mosquitoes.</li> <li>Pre-existing medical conditions</li> <li>Interactions with other visitors.</li> <li>Students lost or separated from group.</li> <li>Variations in track surfaces (trip hazards) and overhanging branches.</li> </ul>	<ul style="list-style-type: none"> <li>Allergic reactions to plants and animal bites.</li> <li>Students to wear suitable walking shoes (no thongs or sandals) and long clothing.</li> <li>Discovery Rangers to provide safety talk identifying hazards and emphasising care and respect for each other and the public.</li> <li>First aid kits to be carried by group leaders.</li> <li>Ensure students are closely supervised by teachers/carers, walk in an orderly manner (no running), remain on the track and keep together as group.</li> <li>Hazards on track to be identified to whole group when encountered.</li> <li>Brief teachers/carers on route and procedure for waiting at all track intersections.</li> <li>Students susceptible to asthma to carry personal ventolin inhaler.</li> <li>Students at risk of anaphylactic shock to have access to own EpiPen according to individual health plan.</li> <li>High risk students to be identified and monitored by teachers/carers.</li> <li>Advise participants to check for ticks and leeches during and after the activity.</li> </ul>
<ul style="list-style-type: none"> <li>Severe weather conditions. Strong winds and storms causing falling vegetation, hail or lightning strikes.</li> <li>Exposure to sun, rain or cold conditions.</li> <li>Atmospheric conditions such as dust or smoke.</li> <li>Risk of bushfires in the area.</li> </ul>	<ul style="list-style-type: none"> <li>Head teacher to contact Area Office for advice if severe weather or very high fire danger is predicted.</li> <li>Students should wear warm clothes and raincoats (no umbrellas) or sunhats and long sleeves/pants depending on forecast.</li> <li>Postpone or shorten excursion if severe weather warning issued and high likelihood of storm impact in local area.</li> <li>Postpone excursion in periods of very high dust or smoke pollution.</li> <li>Postpone excursion in periods of very high to catastrophic fire danger.</li> </ul>
<ul style="list-style-type: none"> <li>Immersion in creek, or railway line accident</li> </ul>	<ul style="list-style-type: none"> <li>Student movement supervised and managed to keep away from waterway and railway track. Do not allow students on canoe pontoon or under railway bridge.</li> </ul>

## Safety information

### 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](mailto:North.CoastRegionDiscovery@environment.nsw.gov.au)  
**In an emergency call 000**  
**NPWS after hours duty officer 02 6642 3620**