

# Wauchope High School Newsletter



Wauchope High School Captains 2018

## Calendar of events

Monday 23rd October – Friday 3rd November Year 7-10 Examinations in the School Hall

Thursday 9th November Year 12 Formal

Tuesday 5th December Year 7 2018 Orientation Day

### All Schools Athletics Carnival

Last weekend Nathan Graham travelled to Homebush to compete at the All Schools Athletics Carnival. This is a competition where athletes from Public, Catholic and Independent schools all come together, making it a “best of the best”.

Nathan was once again very successful, qualifying for the Final in each of his three events. He eventually won a Silver Medal in the 200M Hurdles, and was fourth in both the Javelin and 100M Hurdles. Well done Nathan, another great achievement as an ambassador for Wauchope High School.

### Under 14's Cricket

On Friday last week, Wauchope High took on Westport High in the first round of the National Australia Bank Shield Under 14 Cricket Knockout at Landrigan Park.

Wauchope lost the toss and were sent in to bat, but this proved to be a great result, as openers Wayde and Ben put on a fantastic stand of 143 before Wayde was dismissed for 52, in which he brought up his half century with a six. Ben batted on with solid support from Kai and Kade before he was dismissed for 81 when run out from a direct hit from a throw of 30 metres. The team managed to bat out their 40 overs to set an imposing total of 225.

Westport were in early trouble when Tallis made an early breakthrough, and wickets began to fall at regular intervals, which was due to excellent bowling and fielding by the Wauchope team. They were finally dismissed for 85, with Wayde taking 3/11, Kade 3/29 and Jonte 2/2 from his first over of bowling in a competitive match.

The boys were well led by co-captains Ben and Kade, and they will now go on to play Camden Haven at Laurieton on Monday 30<sup>th</sup> October. Good luck boys.



## Year 10 Geography Excursion – Lake Cathie



Last Friday, Year 10 students went on a fieldtrip to Lake Cathie as part of their Coastal Management unit in Geography. Fieldwork provides students with the opportunity to apply their skills and theoretical knowledge in a practical setting.



Students rotated through various activities where they drew field sketches, identified stakeholders and management strategies, and used data loggers to take abiotic measurements. Students then observed areas of extreme coastal erosion and discussed dune management strategies. Mr Pinkerton, Ms Brady, Mrs O'Brien and Mrs Munro were very impressed by the positive attitude and behaviour shown by students on the day. They were outstanding ambassadors for Wauchope High School.





## Year 7 Mummifies Apples

Whilst learning about Ancient Egyptian burial practices and mummification, year 7 History students took part in mummifying an apple. The apples were cut up and placed in plastic cup with a salt and bi-carb soda mixture. Two apples were not covered in the mixture to use as a comparison. We left the apples for a month, checking on them, the results can be seen below.



A huge thank you to Wauchope Patchwork Quilters who have supported one of our Year 11 textiles students with a scholarship of \$250 to help with the cost of her final project.

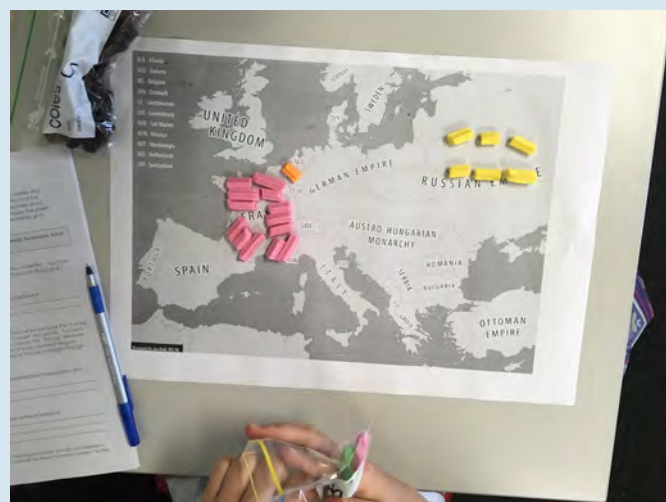
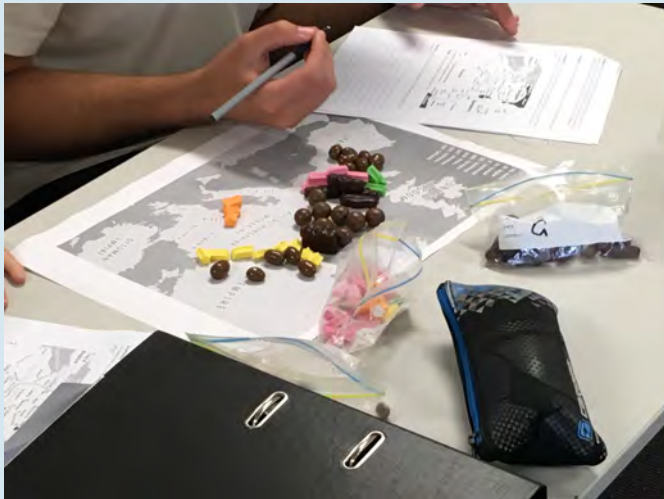
Thank you Erica Taig President of the Wauchope Patchwork Quilters seen here presenting Emily Kidd with her cheque.





## 12 Modern History students engage in military strategy

Year 12 Modern History students re-enacted the Schlieffen plan with confectionary items. The Schlieffen plan was Germany's military plan, implemented at the beginning of World War One with the invasion of France. Students took part in setting out armies and weapons and then working out the various scenarios that unfolded to form a deep understanding of why the Schlieffen plan failed and how that was a reason for stalemate on the Western Front.



# CANTEEN



Welcome to our new Canteen Assistant Ms Yvonne Easson. EFTPOS is now available for purchases in the canteen from recess each day.

Carmel and Yvonne look forward to serving you all their healthy menu of hot and cold delights.

Year 12 Formal 9th November 6pm  
Wauchope RSL

Have you purchased your ticket yet? Be quick



**Rotary**   
Club of Wauchope

## Monster Book Sale

Thursday 26th October - 12.00 - 5.00pm  
Friday 27th October - 10.00 am - 5.00pm  
Saturday 28th October - 9.00am - 5.00pm  
Sunday 29th October - 10.00am to 1.00pm

**Wauchope Showground  
High St, Wauchope**

Any donations of books will be received  
from 12.00 noon on Thursday

## FIND A TREASURE





# HELP US GROW

Are you after some  
FUN, FRIENDSHIP & ADVENTURE?

Would you like to do  
SOMETHING FOR OUR COMMUNITY?

Are you a woman 18+ years?

You're invited to our Grow Guiding Event  
**Wednesday 18 October 7.30–8.30pm**  
Rakali Lodge Hollingsworth Street, Port Macquarie

Come join us for complimentary wine, cheese & chocolates.  
Meet our team & discover why Girl Guiding is for you!

To register for this **FREE** event  
contact Belinda 043 885 3516  
or just come along!



[www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au)



## Interrelate Groups

Unit 5 1-5 Merrymen Way, Port Macquarie  
P: 5525 3200 E: [portmacquarie@interrelate.org.au](mailto:portmacquarie@interrelate.org.au)

<b>Building Connections</b>	A three-hour interactive seminar for parents having trouble sitting down together to work out what is best for their children since their separation.
<b>Parents not Partners</b>	A six-session program for separated parents in conflict over their children. It is designed to improve emotional and developmental outcomes for children in separated families.
<b>Surviving Separation</b>	A program to help people rebuild their lives after separation or divorce.
<b>Nurturing Stress A Holistic Approach</b>	An interactive two-hour workshop to assist individuals to develop tools and strategies to manage stress.
<b>Interrelate Mates</b>	A monthly group for men for support during difficult life transitions such as relationship breakdowns, changes in employment, parenting difficulties and general issues that men deal with daily.
<b>Self Esteem and Communication</b>	A six-session program that improves self-esteem and communication skills. Participants will learn to value themselves and be more confident.
<b>Survive &amp; Thrive Domestic Abuse Support Group</b>	A four-session program for victims and survivors of domestic violence.
<b>Seasons for Growth</b>	An eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.
<b>The Art Circle</b>	This one off group will provide a relaxing space for women to connect with each other while they explore their creative side.

**interrelate**  
relationship experts since 1926

# Foster love

**Foster care  
and change  
a child's life.**

As a foster carer, giving a child a caring environment can make all the difference to their life. If you've ever thought about making a difference in a child's life, come along to one of our information sessions.

For more info or to register [uniting.org/fostercare](http://uniting.org/fostercare)  
or call 1800 864 846

### Uniting foster care information sessions

<b>Macksville</b>	23rd October, 12.00 noon and 6.00pm Macksville Ex Services Club 16 Cooper Street, Macksville
<b>Grafton</b>	24th October, 12.00 noon and 6.00pm Grafton Library 144 Pound Street, Grafton
<b>Woolgoolga</b>	25th October, 12.00 noon and 6.00pm Woolgoolga Diggers 17 Beach Street, Woolgoolga
<b>Coffs Harbour</b>	31st October, 12.00 noon and 6.00pm Uniting Burnside Family Centre 7 Maclean Street, Coffs Harbour
<b>Forster</b>	31st October, 12.00 noon and 6.00pm Forster Tuncurry Golf Club Strand Street, Forster
<b>Wauchope</b>	1st November, 12.00 noon and 6.00pm Wauchope Country Club 24 King Street, Wauchope
<b>Laurieton</b>	2nd November, 12.00 noon and 6.00pm Laurieton United Services Club 2 Seymour Street, Laurieton

With heart.

**Uniting**



## Hastings Disabled Surfers Association

**Flynn's Beach, Port Macquarie**

Listen to Strawnny's Brekkie Show 100.7

Saturday, 21<sup>ST</sup> October  
Saturday, 18<sup>th</sup> November  
Saturday, 9<sup>th</sup> December  
Saturday, 17<sup>th</sup> February  
Saturday, 17<sup>th</sup> March  
Saturday, 7<sup>th</sup> April

9am start, Followed by BBQ at 12pm.



Putting smiles on dials

For more information please visit [www.disabledsurfers.org](http://www.disabledsurfers.org)

## SAND MANIA PORT MACQUARIE - SUNDAY 12 November 2017

Is a community fundraiser event Headspace, Tacking Point Lions Club And Marine Rescue Port Macquarie are the beneficiaries.

No matter your age or fitness level Sand Mania Port Macquarie (previously known as Sand Mudder) has got something for you. Come on your own, with work mates, family, school friends, team or club mates. Everyone welcome. A fun beach obstacle course designed for having fun, laughing out loud and working together to tackle the challenges on the course.

Register before 30 October 2017 and all Sand Mania entrants will receive a [FREE Sand Mania Event T-Shirt](#) whilst all Mini Mania entrants receive a special finishers medal.



**For more details about the event and to register go to our new website [www.sandmaniapmq.com](http://www.sandmaniapmq.com)**

### [Sand Mania - for ages 12 to adult](#)

4km out and back obstacle course along the beautiful Port Macquarie beachfronts.

Adults 17 years and over \$40

Student \$30

Child 12-16 years \$25

Chaperoning adult - FREE (conditions apply\*)

Free event T-Shirt for all entrants

### **\*Sand Mania Chaperoning Adult**

Chaperoning non competing adult of a 12-16 Sand Mania paying child - FREE

You may accompany a child around the entire course but you are unable to participate in any of the course obstacles. Please note there is no free T-Shirt included for a chaperone.

### **Sand Mania Fancy Dress**

Who needs an excuse to dress up and let your hair down. Wear anything you like from pyjamas to a super hero outfit. We would love to see you in your loudest, silliest, zaniest costumes. Prizes will be awarded on the day for the funniest, most original, most colourful and most ridiculous costumes. Open to everyone in all Sand Mania events.

### [Sand Mania Corporate Challenge](#)

Open to teams of 4 people who are racing to represent their company.

Pricing - Team of 4 - \$40 per person

Race the course first, compete against the clock, race against other Corporate teams, complete additional team challenge quizzes, compete for the Corporate Challenge Cup, race for special bragging rights if you win.

Free event T-Shirt for all Corporate Challenge entrants.

### [Multi Mania - Multi Lap Entrant](#)

Go around the course as many times as you can, Go CRAZY ... !!!!

Pricing - Adult 17 years and over - \$60.

Free event T-Shirt for all Multi Mania entrants.

### [Mini Mania - NON Obstacle Challenge](#)

Brand new for 2017 is a special kids only non obstacle beach challenge.

Focused on having fun and team building Mini Mania is perfect for the 5-12 year olds.

Pricing - Individual Child 5-12 years - \$10.

Every entrant gets a medal.

Parents welcome to come and cheer.