

Term 1 Week 3

14th February

Wauchope High School Newsletter



Calendar of events

Year 7 RnR (Camp)	Wednesday 15th Feb to Thursday 16th Feb
P&C Meeting	Tuesday 21st February 7pm Lasiandra Room Wauchope RSL
Photograph Day	Thursday 23rd February
Photograph catch up day	Tuesday 28th February
Year 7 Immunisations	Tuesday 28th February

Swimming Carnival 2017

A newly opened Pool facility and 40 Degree temperatures made the 2017 Wauchope High School Swimming Carnival one to remember for staff and students alike, with a terrific day experienced by everyone connected with the event.

Some early technical glitches allowed all of the students an opportunity to get wet and gain points for their respective Houses in the first Swim Through of the day. When the competitive events did begin, the level of participation from the students was fantastic, especially from the Senior students, who led the way.

Throughout the day, the Pool and its surrounds were a sea of colour as the competitive races and novelty events were conducted. The hot conditions made it a priority for as many people as possible to seek the refreshment of the water.



Email :wauchope-h.school@det.nsw.edu.au

website: <http://www.wauchope-h.schools.nsw.edu.au>



Back: Breanna Green,
Jarren Lester, Sam Innes,
Jay Innes, Jared Hollis

Front: Grace Kucera,
Skyla Innes, Emily Lester,
Katie France, Bryson Holmes



Kendall
E - Le

Back: Sam Ylias, Jarod Thomas,
Brittnee Ward, Jacana Ward,
Riley Swift, Grace Tijou

Front: James Terp,
Charlotte Wilton, Stella Tijou,
Jack Wilson



Paterson
R0 - Z

Back: Callum Norris,
Bailey Lufe, Cooper McCallum,
Lachlan Mumford, Taylor Long

Front: Chad McGovern,
Courtney McKinnon, Ellen
McKittrick, Kitiara Porter,
Caitlin Miller,



Lawson
Li - Ri

Back: Chloe Birdsall,
Quin Bromfield,
Jenaya Arndell, Ken Bain,
Abby Costigan

Front: Holly Auld,
Brock Costigan, Bryce Costigan



Gordon
A - D

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Swimming Carnival for 2017 a swimming success!!!



Canteen



Welcome back from the canteen ladies, Carmel and Jenny. We will be having specials throughout the year to entice your taste buds, keep coming to the canteen to check out the menu.

There is a variety of food to choose from each day and you are welcome to pre-order as our tasty food disappears quickly.

School Lunch

WAUCHOPE HIGH CANTENEN MENU

SANDWICHES/ROLLS

Cheese/Tomato	\$3.00
Egg/Lettuce/Mayo	\$3.00
Chicken/Lettuce/Mayo	\$3.00
Ham/Cheese/Tomato	\$3.50
Salad (Lettuce/Tom/Beetroot/Cucumber/Carrot)	\$3.50
Salad + Ham/Chicken/Cheese/Egg/Tuna	\$4.00

WRAPS

Chicken lettuce & Mayo (cold)	\$3.00
Ham or Chicken Salad (cold)	\$4.00
Ham/Cheese/Tomato (hot)	\$3.50
Chicken/Cheese/Chilli (hot)	\$3.50

FOCCACIA/TOASTED

Ham/Cheese/Avocado	\$4.00
Chicken/Cheese/Tomato	\$4.00

HOT FOOD

Bacon/Egg Roll/BBQ sauce	\$3.50
Beef Cheese Burger/BBQ sauce	\$3.50
Beef Cheese Burger/Lettuce/Tomato/Beetroot	\$4.50
Chicken Stix (Plain or S&P)	\$2.50
Pizza (H&P)/(C&B)/(Meat Lovers)	\$3.00
Plain Beef Pie/Pepper Beef Pie	\$3.00
(All Other Assorted Pies)	\$3.50
Potato Wedges with Chilli & Sour Cream	\$2.50
Cheese/Bacon Roll	\$2.00
Chicken/Gravy Roll	\$3.00
Chicken Wedges	\$3.00
Chicken Chilli/Lettuce/Mayo Burger	\$3.50
Chilli or S & V Tender	\$1.50
Fried Rice (GF) + (V)	\$3.50
Small Steak Pie	\$2.00
Sausage Roll	\$2.50
Spinach Roll	\$3.00

DRINKS

Just Juice Popper	\$1.50
Small Plain Milk	\$1.00
Large Plain Milk	\$2.00
Small Flav Milk	\$2.50
Large Flav Milk	\$3.50
Thick shakes	\$3.50
Small Juice	\$2.50
Large Juice	\$3.00
Water	\$2.00

SALADS

Small Tossed	\$2.50
Large Tossed+Meat	\$4.00
Caesar Egg/Chicken	\$4.00
Greek+Olives & Fetta	\$4.00
Chicken Pasta	\$4.00

FREEZER/FRIDGE

Quelch Sticks	\$.50
Orange Juice Cups	\$.80
Plain Ice Cream Tub	\$1.20
Callipo	\$1.20
Paddle Pops	\$1.50
Chocolate Tub	\$2.00
Yoghurts	\$2.00
Jelly/Custard Cup	\$2.00
Fruit Salad	\$3.00

EXTRA'S

Tomato/BBQ Sauce	\$.30
Licorice (GF)	\$.20
Nutella (GF)	\$.60
Sunfruits/Pandas	\$.60
Chips	\$1.00
Custard Tart	\$1.00
Cake/Muffin	\$1.00
Finger Bun	\$1.50

*****SUMMER MENU*****



#LitFest2444

Pen Paper Pixels



19th May 2017, Mackillop College

Poetry | JournalWriting | PodCasting | Literature
FilmMaking | Photography | SocialMedia | StoryDevelopment
ComicsDrawing | Blogging | IllustratedMaps | ZineMaking

www.litfest2444.com.au



HOLIDAYCOAST
CREDIT UNION

Charles Sturt
University



Catholic Schools Office Lismore

Is this you?

Aged between 13 and 19 years?

Want to make new friends?

Can handle discipline and have a
commitment to others?

Want to be a team player?

Want to learn sailing?

Want to learn all about the Navy?

Want to participate in community Events?

TS Rushcutter

Australian Navy Cadets

***Have a Recruiting night On Tuesday Feb 28th
Between 6-9pm***

Unit 5 47/49 Munster Street
Port Macquarie

Tuesday nights 6-9pm in school terms

For more information contact
Commanding Officer Narelle Clarke



WAUCHOPE SOCCER CLUB

REGISTRATIONS NOW OPEN!

Season runs from April to September 2017

Register online:

<http://www.myfootballclub.com.au/>

Club Registration Days

Saturday 11th & 18th Feb 2017

Wauchope RSL 10am-12pm

(Please register online prior)

Flexible payment option available to approved players

For further information please contact

Bec: 0409 401 926 (AH only)

or

Ben: 0429 328 383 (AH only)



GIRLS SEVENS

RUGBY UNION COMPETITION 2017

Port Macquarie Junior Rugby Union are excited to announce the start of our Girls comp. Starting this year we are going to introduce 13's, 15's and 17's. Teenager girls between age of 12 and 17 are invited to come and try Rugby 7's. A fun, fast and exciting game, rugby 7's can be played by all ages and abilities.

Games - Friday afternoons commencing at 5:30 pm

at Wood Street fields, Port Macquarie (BBQ available)

Holidays - No games on Fridays during school holidays and no game on Friday of June long weekend

Cost - \$95 includes registration

Junior Rugby sessions are smoke & alcohol free events

For more details, please see over the page

**For further details, please do not hesitate to
contact Jacky Ostler on 0410 005 789
or Craig Smith on 0439 810 612**

GIRLS SEVENS RUGBY UNION COMPETITION 2017

Telstra Shop



Telstra Shop Port Central Friday Night Rugby



Teams	<p>PMJRU committee will organise teams for girls do not have a club to register with.</p> <p>Girls are free to play with a local club e.g. Wauchope Thunder, Kempsey Cannonballs, Port Macquarie Pirates, etc.</p>
Cost	<p>\$95 which includes registration and insurance.</p> <p>Clubs have the discretion to charge a higher fee.</p>
Registration	<p>Girls registering with the PMJRU can register at Stuart Park, Port Macquarie from 5:00 to 6:30 pm on the following Friday afternoons <u>preceding</u> the start of the season:</p> <ul style="list-style-type: none"> • Friday 10 March, 2017 • Friday 17 March, 2017 • Friday 24 March, 2017 <p>Girls playing for clubs should register directly with the club.</p>
Uniform	<p>Clubs will supply playing shirts to Club registered players.</p> <p>PMJRU will provide playing shirts to PMJRU registered players.</p> <p>Mouthguard, socks and shorts at player's cost.</p> <p>Mouthguard is compulsory.</p> <p>No mouth guard – no play.</p>
Competition	<p>16 week Friday afternoon / evening competition as follows:</p> <ul style="list-style-type: none"> • Come & Try night / Trial game – Friday 31st March, 2017 • Competition Game 1 – Friday 28th April, 2017 • No games on Fridays during school holidays • No games on Friday of June long weekend i.e. 9th June • To maximise the number of games played throughout the season, a single night of Finals will be played based on the competition ladder i.e. 1st vs 2nd, 3rd vs 4th, 5th vs 6th, etc
Games	<p>Friday afternoon</p> <p>Start time - 5:30 pm onwards</p> <p>Location - all games played at Wood Street playing fields, Port Macquarie (Wood Street fields are across the road from Stuart Park fields heading west away from the Basketball Stadium)</p> <p>Facilities - Canteen selling BBQ food & drinks from 5:30 pm</p>



Port City Hockey



2017 REGISTRATION DAY

Junior Hockey U/7's to U/16's, Womens and Mens Hockey
Port Macquarie Hockey Field (Ocean Drive)

When:

**Tuesday 14th, 21st, 28th February
Tuesday 7th, 14th March**

Juniors: 5 - 6pm Seniors: 6 - 7pm (training begins)

(Fee to be paid on the day, via credit card or visa debit card) No cash

Contact: 0427934746 info@portcityhockey.com
www.portcityhockey.com
www.facebook.com/PortHockey

