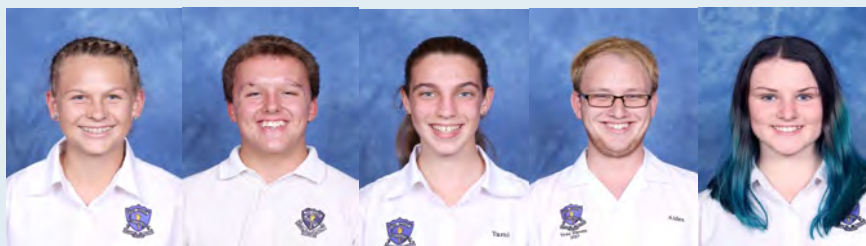


# Wauchope High School Newsletter



Wauchope High School Leaders 2018

From the Principal.....

Welcome back to the start of the 2018 school year. I would like to extend a special welcome to our new students and their families, particularly the Year 7 students who will be joining us for the next six years. I look forward to working closely with our school community throughout this year to ensure we achieve the best outcomes possible for all students. By working together, we can provide the best support for your child educationally, socially and emotionally.

The end of 2017 was a difficult time for Wauchope High School and its community. I extend our thoughts and support to the family and friends of Bronson Rhodes. Bronson tragically lost his life off Flynn's Beach just before Christmas. I also extend our thoughts and support to several families and students that lost parents in the holiday period. We will come together with community to support those affected by these events and provide whatever support we can into the future.

The Wauchope Australia Day Celebration is a special event in our community and this year was no exception. Our school captains, Monique Copelin and Owen McKittrick represented the school at this year's event and were presented an outstanding their Australia Day address. Many of those gathered took the time to comment on the quality of the presentation and how well the students represented the school. Well done and thank you Monique and Owen.

I will continue to stress to our students the importance of being at school every day, being in every lesson during the day and being engaged in the learning taking place. I would again ask that you work with the school to ensure that your child is at school every day and that they are not missing lessons throughout the day. I have a responsibility and duty of care to ensure that I do not automatically approve leave requests that are for reasons that I do not consider as critical or of benefit to the student. I ask that if you need to request leave for your child that, wherever possible, you discuss this with the school well in advance of the leave time being sought.

Please be aware that Wauchope High School does not issue lunch passes therefore all students are expected to remain on site at recess and lunch time. We have a very good canteen that provides affordable and healthy food. As part of our support for the Department of Education's Healthy Canteen Policy we also do not permit fast foods to be brought onto site at recess or lunch time even if delivered by parents. I ask that you please support the school in trying to ensure that our students eat well and develop a healthy lifestyle.

I will take this opportunity to remind you that on Monday's school officially finishes at 2:48 pm. At this time those students that do not catch buses are permitted to leave the school. At this time they become the responsibility of their parents/guardians and would be expected to travel straight home or follow your advice and expectations. Students that need to catch buses home are to remain in the covered COLA area where supervision is provided until buses arrive.

Regards  
Glen Sawle

Email : [wauchope-h.school@det.nsw.edu.au](mailto:wauchope-h.school@det.nsw.edu.au)  
website: <http://www.wauchope-h.schools.nsw.edu.au>

# WELCOME

## TO OUR NEW STAFF!



Mark O'Brien Careers Advisor



Henry Kavale Science and Maths



Britt Hargreaves PDHPE



Abby Bookless TAS



Amy Halliday Support Unit



Jenny Grein PDHPE



Luke Verdon HT TAS

## And some familiar faces with new roles



Allan Bowen HT Attend.



Chris McKinnon SAM (rel)



Gordon Campbell HT Administration



Monday 5th February

Tuesday 27th February

Thursday 1st March

Tuesday 6th March

Wednesday 14th to Friday 16th March

Tuesday 3rd April to Friday 13th April

Swimming Carnival

Year 7 Vaccinations & catch up for Year 8

School Photograph Day

Catch up day for photographs

HSIE Year 11 Excursion to Sydney

HSC Half Yearly Examinations





Monique , Ben, Tyreek, Abby,  
Gabby , Sophie, Monique D,  
Tarj, Tallis, Bryce.

## House Captains for 2018



Gordon

A - D

Makala, Hannah, Joseph,  
Breanna, Bree, Logan, Grace,  
Emily, Tyler



Kendall

E - Le

Shikira, Lachlan, Cameron,  
Jordan, Chad, Ellen, Caitlin,  
Edward, Jacob , Lucy



Lawson

Li - Ri

Eli, Riley, Zac, Sam, Piper,  
Grace, Stella, Charlotte,  
Jasmine, Josh,



Paterson

R0 - Z

# Wauchope High School Commendation System

## 2018



Attendance award	★	<b>Bronze</b>
Wauchope Warrior	<b>2</b>	
WAPA average score	<b>4</b>	



Attendance award	★	<b>Silver</b>
Wauchope Warrior	<b>3</b>	
WAPA average score	<b>5</b>	
Excellence or Faculty	<b>5</b>	



Attendance award	★	<b>Gold</b>
Wauchope Warrior	<b>4</b>	
WAPA average score	<b>6</b>	
Excellence or Faculty	<b>7</b>	



Attendance award	★	<b>Platinum</b>
Wauchope Warrior	<b>5</b>	
WAPA average score	<b>6</b>	
Excellence or Faculty	<b>10</b>	

## Wauchope Award

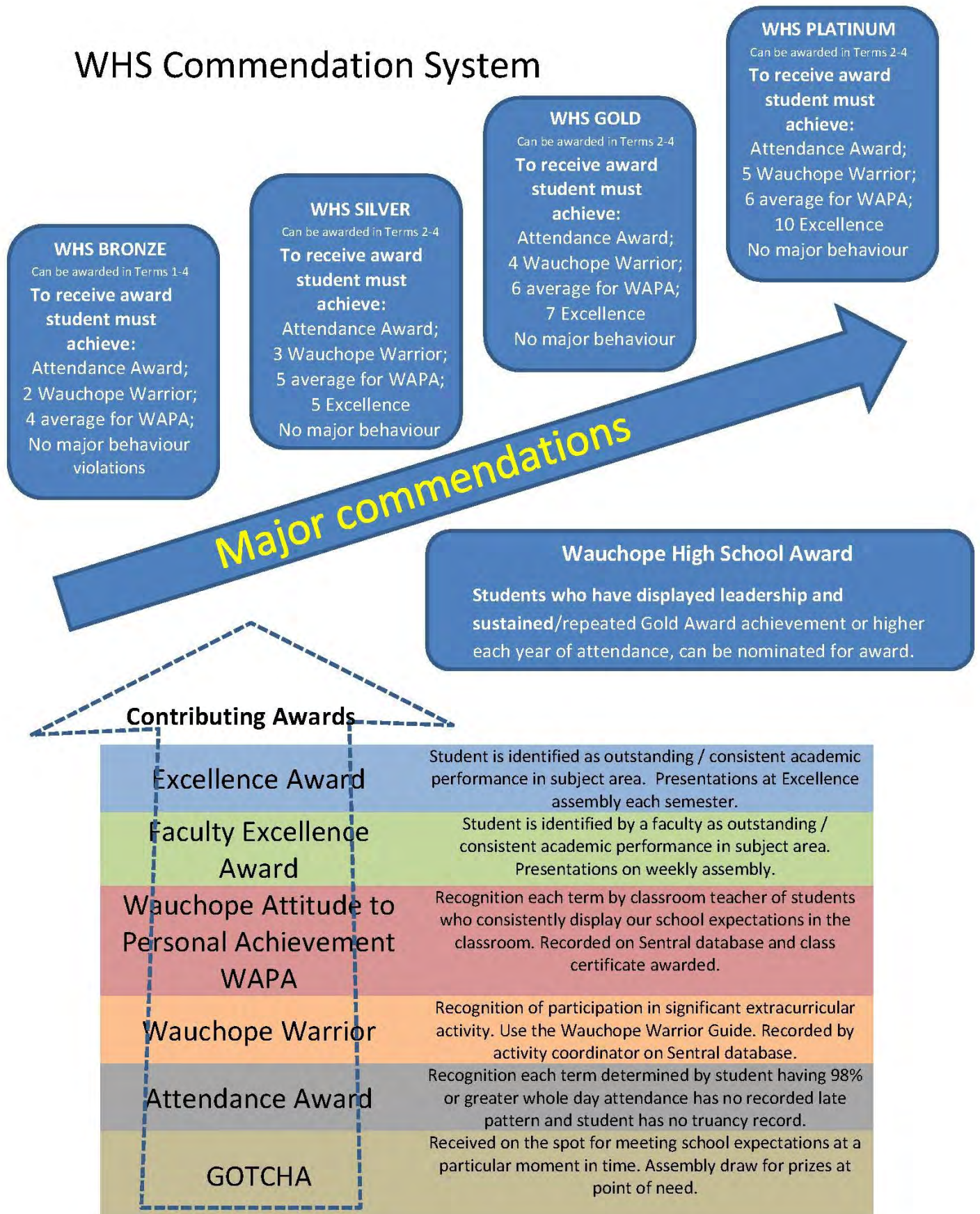
Only awarded to year 12 students.

Students who have displayed leadership and sustained/repeated Gold Award achievement or higher each year of attendance, can be nominated for award.

May not be awarded every year.



# WHS Commendation System



## At Wauchope High School we have three core values...

### Care and respect



- Follow reasonable instructions
- Allow others to teach and learn
- Use appropriate words and actions
- Respect the properties of others

What will CARE & RESPECT look like in this classroom?

### Best Effort



- Be on time and prepared to work
- Be honest and responsible
- Meet work expectations
- Promote a positive school image

What will BEST EFFORT look like in this classroom?

### Safety



- Act safely
- Be at the right place, right time
- Resolve conflict peacefully
- Keep it clean

What will SAFETY look like in this classroom?

## Swimming Carnival

Monday 5th February Roll Call at the school 9am

Pool Entry \$4.00

Bring swimmers, hat, towel, sunscreen.

The canteen will be open and Year 12 running a sausage sizzle.

Wear House colours, appropriate swimwear, but please no body paint.



### Term 1 Sport Year 7

Information was sent home with your child in the Year 7 Information Pack, which was distributed at the Year 6 Orientation Day last year. The information in question was in relation to Term One Year 7 sport.

Many students will be starting their last school-based Swim and Survive training next Wednesday 7<sup>th</sup> of February. The students who will be involved in this course are:

- All Year 7 boys

Any girls who have indicated that they are either very proficient swimmers (Level 7) or very poor swimmers (Level 1)

The Level 7 and Level 1 courses run for ten weeks (Weeks 2,3,4,5,6,7,8,9,10,11). The course only runs during normal sport time (1.46pm-3.30pm). This is a mandatory part of the school and sport curriculum.

Next Wednesday, the students will need to bring the following items:

- \$3.50 Pool entry
- Appropriate swimwear
- A towel

Sunscreen

The girls who are not involved in the initial course will be at school in Weeks 2, 3, 4, 5 and 6 participating in a "Multi Sports" activity. They will swap over with the boys in Levels 2-6 in Week 7. The boys will be graded next week and placed in Levels 2-6. These levels only run for five weeks, before swapping with the girls, who also participate for five weeks.

If you are unclear about what your child should be doing, or have some other concern/issue, please contact the school on 65851400, and ask to speak to me.

Chris Hancock

Sports Organiser



# Wauchope High School Careers Newsletter 1

## Welcome to 2018



My name is Mark O'Brien and I am the relieving Careers Advisor at Wauchope High School for 2018. One of my aims to provide a program dedicated to assisting each student in making informed decisions about their career pathways, inclusive of school and post school education, training and employment options.

There are so many opportunities for students to explore the many options open to them through today's education system but most importantly, they can meet with the Careers Adviser to talk about they may individually need to assist them in their transition. I welcome parents contact via e-mail regarding anything in the Careers area.

My contact details are [mark.obrien@det.nsw.edu.au](mailto:mark.obrien@det.nsw.edu.au)

I have listed below some of the ways that we will be communicating career information in 2018.

We now have updated our own Wauchope High School Careers webpage click on the link below to start exploring  
<http://whscareers.com/>

### Students & Parents – Year 10, 11 & 12



Please LIKE the **Wauchope High School** Careers facebook page. This is a great place for students in Years 10, 11 & 12 to find up to date information on jobs, traineeships, entry to university, examinations, ATAR's, etc. Parents of students are also encouraged to like the page.



This monthly newsletter is in addition to our regular school newsletter and is also available for parents/carers. If you are in Year 10, 11 and 12 and you would like your parent to receive this newsletter they can access it on our website.

The University Roadshow session at Wauchope High School with year 12 students in 2018.  
Date: **Friday 16th February**  
Session Time: **9:00am – 10:00pm.**

See Mr O'Brien in the Senior Preparation Room for further details.

Coming to you in February 2018

## UNIVERSITY Roadshow

Let's GO!

All you need to know about university

- Course & Scholarships
- Accommodation
- Entry Requirements
- Entry Entry
- Chat with current on students

Charles Sturt University Southern Cross University UNE

## What's happening at Wauchope???

Welcome to a new year in Careers.

The year is off to a flying start with many activities planned for both Year 12 and 11. I have included below the Key dates for Year 12 for 2018.

### Key dates for 2018 – Year 12

**Term 1** Year 12 interviews with Careers Adviser – throughout the term. The focus will be to look at career planning, post-HSC options, study techniques and balancing school, work and home life.

5th Feb Swimming Carnival

16th Feb University Road Show – School Hall 9 am – all students considering studying at University are encouraged to attend – add your name to the interest list on Careers sign on board. Charles Sturt, University of New England and Southern Cross.

13th March Health Careers Forum – University of Newcastle Taree Campus – students interested in careers in medicine, nursing, midwifery, pharmacy, physiotherapy, radiography etc. Limited spaces – add your name to the interest list on Careers sign on board.

Week 10 & 11 Year 12 Examinations

### Term 2

2nd May Personalised HSC exam timetable available on Students Online

11th May University of New England (UNE) Open Day — tour of university, faculties and accommodation - add your name to the interest list on Careers sign on board.

22<sup>nd</sup> of May Mid Coast Careers Market-Glasshouse-local opportunities for career pathways, employment and training-- add your name to the interest list on Careers sign on board.

5th July University of Newcastle Open Day — tour of university, faculties and accommodation - add your name to the interest list on Careers sign on board.

### Term 3

2nd August Lower North Coast Careers Expo – opportunity to talk to all NSW universities and other tertiary providers - add your name to the interest list on Careers sign on board.

### Term 4

**18th Oct – 9th Nov HSC Examinations**

### Upcoming Events

**What:** University Roadshow

**Where:** Wauchope High School Hall

**When:** Friday 16th of February

**Time:** 9:00 am-10:00 am

All students considering studying at University are encouraged to attend – add your name to the interest list on Careers sign on board.

Are you wanting to study medicine, dentistry or a health science degree after school? Then you may need to sit the UMAT. Make sure you plan ahead. Many universities require that you sit the UMAT and have an ATAR.



*Mid Coast Connect is a not-for-profit organisation striving to assist young people with their transition from school into further education, training and employment.*

## Snowy's School to Work Success Story



The staff at Mid Coast Connect are extremely proud of the achievements of Wauchope High School student Matt Goddard, affectionately known as 'Snowy' to most of us. Matt has participated in a number of Mid Coast Connect programs and has been recently recognised for his dedication and strong work ethic. Matt received an award at the school's Presentation Night and has now been announced as a well-deserving recipient of a Hastings Education Award for 2018.

We first met Matt when he was in Year 10 and participating in our Links to Learning program. The next year, Matt was employed through our Group Training Organisation as a school-based trainee and was hosted by the school where he helped to look after the grounds and ag farm. This paid employment, combined with studies in Primary Industries, resulted in Matt achieving his HSC as well as the nationally recognised qualification of Certificate II in Primary Industries.

Matt's school-based traineeship has been the perfect foundation for his appointment as an apprentice green keeper at Wauchope Country Club. The grant from Hastings Education Fund will help with the costs of attending block release study at Kurri Kurri TAFE as part of the apprenticeship next year.

Matt has been well supported by the school and the local business community and Mid Coast Connect proudly wishes Matt all the best as he moves into his future career.

## Health Careers Forum

The University of Newcastle Department of Rural Health (UONDRH) will be conducting its **Health Careers Forum** for Lower Mid North Coast Secondary schools for Years 12 students again in 2018.

**Tuesday 13th March 2018**  
**UONDRH Manning Education Centre**  
**69A High Street, Taree**

University of Newcastle  
Department of Rural Health

**KICK-START A CAREER IN THE HEALTH PROFESSIONS !!**

YEARS 10, 11 & 12 STUDENTS  
YOU THEN PROCEED TO BE INVITED TO A CAREER BY THE HEALTH PROFESSIONS  
AND INVITED TO ATTEND THE FORUM

**TUESDAY 13TH MARCH 2018**

2 SESSIONS: 9.15AM - 11.30AM  
12.30PM - 2.45PM

UNIVERSITY OF NEWCASTLE DEPARTMENT OF RURAL HEALTH  
TAREE EDUCATION CENTRE  
69A HIGH STREET  
TAREE  
CONTACT: 6155 3585 OR [ian.woodley@newcastle.edu.au](mailto:ian.woodley@newcastle.edu.au)

**ADVANCED NOTICE FOR CAREERS ADVISORS**

PROFESSIONAL  
TECHNICAL  
THERAPEUTIC  
MEDICAL  
NURSING  
DENTISTRY  
PHARMACY  
VETERINARY  
PUBLIC HEALTH  
RESEARCH  
TECHNOLOGY  
INDUSTRY

Health Careers Forum





## LOVE BITES Program in Conjunction with NSW Health

We are very excited to announce that Wauchope High School has been selected as the first school in the region to roll out the Respectful Relationships programs Love Bites and Love Bites Junior, creating a whole-school approach to ongoing respectful relationship education.

Love Bites Junior (years 7-9) consists of weekly lessons of one period delivered across a term.

### **Our Love Bites schedule this year:**

Term One: Year 8 – Respectful Relationships, Bullying and Gender – BEGINS WEEK 3 (13<sup>TH</sup> FEB)

Term Two: Year 7 – Friends, Relationships and Online Safety.

Term Three: Year 9 – Relationships, Love and Control.

Term Three: Year 10 - Love Bites one day workshop.

Should you not wish your student to participate, opt-out notes for the Year 8 program will be distributed soon. If you would like further information about Love Bites Junior you can visit

<http://napcan.ismartsoftware.net/Content/Tenants/132/Files/Love%20Bites%20Junior%20Information.pdf>



## G'DAY USA

In January 2019, Mr Grimson will be escorting 9 students from Wauchope High School to the United States of America for a 20 day visit. Places visited include: Los Angeles, San Diego, San Francisco and a host city which is yet to be allocated. Students will stay with a family for

5 days in the host city so that they experience some of a family's lifestyle in that city and also visit their school.

A visit to some of America's famous Theme Parks is also on the itinerary, including Disneyland.

It is not too late for others to join us but a decision must be made shortly to ensure paperwork is completed and a host family found.

If you would like further details, please contact Mr Grimson.

### Tuesday 27th February

#### Year 7

- HPV dose 1
- Boostrix

#### Year 8

- Catch up HPV dose 2 only



It 's been a big week at Wauchope High School even the cattle were keen to get back to class!



# Why Can't I Skip My 20 Minutes of Reading Tonight?

**Student "A"**  
reads **20 minutes**  
each day

3600 minutes in  
a school year

**1,800,000 words**



*90<sup>th</sup> percentile*

**Student "B"**  
reads **5 minutes**  
each day

900 minutes in  
a school year

**282,000 words**



*50<sup>th</sup> percentile*

**Student "C"**  
reads **1 minute**  
each day

180 minutes in  
a school year

**8,000 words**



*10<sup>th</sup> percentile*

By the end of 6<sup>th</sup> grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)



# Reading Tips for Parents of Junior High School Students



***AS YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER, YOU CAN BE A POWERFUL FORCE IN YOUR CHILD'S EFFORTS TO BECOME A SKILLFUL READER. WHETHER YOUR CHILD IS ALREADY A PROFICIENT READER, OR IS A STRUGGLING OR RELUCTANT READER, YOUR POSITIVE ENCOURAGEMENT CAN HELP THEM MAKE CONTINUOUS STRIDES TOWARD SUCCESS. HERE ARE SOME SUGGESTIONS ON HOW YOU CAN SUPPORT READING AT HOME.***

*Hover over each Learning Benefit below for a detailed explanation.*

- 1. Let your child choose what to read.** While you may cringe at his preferences, he may never touch a title if it's force-fed. Be attentive to your child's interests and developing skills. Remember to be somewhat non-judgmental about the text your child chooses: cartoons, instructions for video games, fantasy, sports, or fashion magazines can be the key to unlocking a lifetime of reading pleasure.
- 2. Talk about what she reads.** Ask her what she thinks of a book and make connections with ideas or issues that are relevant to her life.
- 3. If he's struggling or bored with a book, let him put it down.** Forcing him to stick with a difficult or dull book that's intended for pleasure will reinforce the idea that reading is a chore.
- 4. Subscribe to magazines that will interest her.** Ask her to choose one or two titles and put the subscription in her name.
- 5. Read the newspaper together.** Whether it's for 15 minutes over breakfast or on weekends, establish a routine and discuss what you each read.
- 6. Be flexible with bedtime and chores when your child is reading.** Within reason, avoid asking your child to stop reading.
- 7. Play games that utilize reading.** Word-building and vocabulary-building games like Scrabble or Boggle are great, but many board games provide reading opportunities (even if it's just the instructions). Crosswords provide opportunities for learning new words and spelling practice, too.
- 8. Encourage your middle-schooler to read to a younger sibling.** Letting him take over ritual reading at bedtime once a week will ensure he reads something, and he may find his sibling's enthusiasm for stories contagious.
- 9. Visit bookstores or the library together.** Try to make it an event where you share some quality one-on-one time and both choose a few books.

**10 Ensure he has a good reading space.** He should choose where it is, but you can make sure it's well-lit and inviting so he stays a while.

**11. Find an outlet for your child to "publish" a book review.** When she finishes a book, encourage her to write it up for a family or school newspaper, magazine, or website. She could also try posting a review at a local bookseller or an online retailer.

**12. Keep up on what she's reading.** If you can, read a few pages of her books yourself so you can discuss them with her.

**13. Encourage writing.** Whether it's via snail-mail, e-mail, or texting, suggest that he keep in touch with distant friends or relatives. Keeping a journal or chronicling a family vacation will also provide reading practice.

**14. Provide a good dictionary.** She may not want to ask for your help with words anymore, so make sure she has a good reference.

**15. Suggest books from movies he liked.** He may enjoy getting even more detail in the book.

**16. Listen to books on tape in the car.** If you're heading on vacation, or even back-and-forth to school, try listening to a novel that will appeal to everyone.

**17. Take reading materials with you to shared outings.** Encourage your child to read while riding in the car, waiting at the doctor's office, passing time between activities.

**18. Remind your child that sometimes adults have "homework" to do as well** (i.e. reading reports, doing performance appraisals, research, etc.). This will allow your child to see the connection of reading to real life.

**19. Encourage your child to re-read material to get a deeper understanding of its contents.** This is particularly true for non-fiction material (textbook content) and material written above grade level.

**20. Model reading.** Your pre-teen/teen will still follow your reading habits (though she'll never let you know it!). Let her see you reading, make comments, and share interesting passages with her.

**21. Write notes recognizing your child's accomplishments.** A little praise can go a long way!

**22. Reward progress** with a trip to the bookstore to select a special book.

**23. Consider purchasing an electronic reader** (i.e. Kindle, Nook, etc.). E-readers have become very popular and may entice your child to read more often.

# COMMUNITY NOTICES

## Wauchope Netball Club

Registrations /Information and Uniforms Days

Online Registrations open 1<sup>st</sup> February 2018

Dates: Saturday 3rd and 10<sup>th</sup> February 2018

Where: Wauchope RSL – Corner of Cameron and Young Street, Wauchope

Times: 9am to 12noon

Information available:

Information and registrations for all new players, Birth Certificate required

Assistance for anyone having difficulty registering online

If attending to register please bring a device with data and we will assist with the online registration process.

Information regarding the NEW Active Kids Voucher ...\$100.00

Grading day flyer

Coaches needed

Umpires needed

Debutante Ball

**Uniforms will be available for sale**

Age Groups:

**Netta-Turning 5 to 9 years**

**Juniors - Turning 10 years to 18**

**Senior's-Monday nights -14 years and over eligible to play**

**Please contact:**

**Kim Thompson-0408861898 for more information**



## Port Saints Football Club 2018 Season Registration

Port Saints Football Club  
Findlay Avenue,  
Port Macquarie NSW 2444  
info@portsaints.com.au  
www.portsaints.com.au

Online registration for Port Saints Football Club (soccer) will open on **Thursday 1st February 2018**. Our Club will be holding two registration information days at our clubhouse located at Findlay Ave.  
Please take note: **Registrations close on Sunday 18th February**, so ensure you register before this date.

Registrations Open: **01/02/2018**

Registrations Close: **18/02/2018**

Rego Info Days: **10/02/2018** and **17/02/2018**

9am – 11am at Findlay Park, Port Macquarie

Port Saints FC encourage parents to register online this year, as the NSW Government is offering a \$100 rebate under the Active Kids program. Parents of a school age children are eligible, however an Active Kids application must be completed (and a voucher code received) prior to registration with the selected club.

For further info and instructions on how to register to play football this year, go to  
[www.portsaints.com.au/registration](http://www.portsaints.com.au/registration)



## ACTIVE KIDS Voucher 2018 Update

We have more information on the Active Kids Program.

To get your voucher you must first register as a member with Service NSW. The link <https://www.service.nsw.gov.au/> which will open on the home page for Service NSW, then click on the sign up tab then fill in the membership form.

When you are logged in on the home page there is a tab with dashboard and under that there is a box with Services on the top row. In that box click on the tab with Office of Sport which should open a page with Apply for Voucher. Click on this and next page is the start off 6 steps you need to do to get your voucher number.



World Education Program is a not-for-profit student exchange program. We send high school students to 26 countries for short term, semester and year-long programs. While on exchange students attend school fulltime and live with a volunteer host family.

Exchange students develop sophisticated ways of looking at the world, respect for other cultures, sensitivity to different cultural, political and economic systems and mindfulness towards the welfare of the planet and its people..

If you would like more information on the student exchange program or if you are interested in becoming a volunteer host please visit the WEP website by clicking on the logo.