

# Wauchope High School Newsletter



Wauchope High School Leaders 2018

## Calendar of events

Tuesday 27th February	Vaccinations Year 7 and Year 8 Catch Up (HPV Dose 2 only)
Thursday 1st March	School Photos
Tuesday 6th March	School Photo Catch Up Day

From the Principal.....

Regular attendance at school and being in class for every lesson continues to be something that some of our students struggle with. If our students are to be successful, we need to ensure that they meet this basic expectation.

While the school sets a basic requirement of 85% as part of our School Representation Strategy, the reality is that all absences have an impact on student performance and growth. Research by the University of Western Australia; Student Attendance and Educational Outcomes: Every day counts states that, ***average academic achievement declines with any absence from school. This decline continues as absence rates increase. The effects of absence accumulate over time.***

The research shows that schools can only achieve high attendance rates in cooperation with parents. I therefore ask that we work together to lift attendance rates and encourage high levels of engagement within the classroom. By doing so we will provide our students with the opportunity to succeed. As a school I would like us to strive to achieve an average attendance rate of 95% or higher. I believe we should aim high – who knows what we can achieve when we work together – students teachers and parents.

It is a Department of Education requirement that all students in Years K-10 participate in a minimum of 150 minutes of planned physical activity across the school week. This time includes planned weekly sport. Adequate attendance at school therefore includes **students participating in school sport as a mandatory requirement of their satisfactory attendance.**

Our school is very proud of the variety and high quality of sport and physical activity provided for our students. The Departments requirements relating to the mandatory weekly participation of students in physical activity is taken very seriously.

We appear to have a large number of students bringing notes to excuse them from attending sport. I acknowledge that this extreme weather may be a factor in your child requesting a note to excuse them from sport, however, staff are aware of the impact of these conditions on students and will act appropriately.

I would ask that you support the school in meeting its requirements to ensure that all children engage in a reasonable level of physical activity across the school week. Where possible I ask that medical and other appointments be made outside of school time, in exactly the same way as we treat the other school days.

As the Principal I am able to decline a request to not attend sport or an explanation that you have provided if I do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. This is not my desire however if we reach this point I will discuss the decision with you and the reasons why.

Kind regards

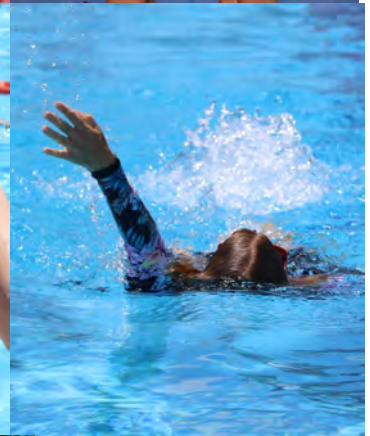
Glen Sawle

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>





# Wauchope High School Swimming Carnival





## Science and Agriculture Faculty Excellence Awards

Every Monday on assembly a different faculty will be presenting their Faculty Excellence Awards. Students will be chosen for being consistently engaged and achieving academically within that subject area.

Faculty Excellence Awards will contribute towards the prestigious WHS Bronze, WHS Silver, WHS Gold and WHS Platinum Awards.

The awards for week 3 were presented by the Science and Agriculture faculty.

Year 12: Jayde Willingham, Millie Lucas

Year 11: Kirstan Bird, Hope Knuckey

Year 10: Lachlan Schubert-Sawle, Hayley Godfrey

Year 9: Darcy Hancock, Blayk Niall

Year 8: Emelia Copelin, Tahlia Latimore

Year 7: Joel Pritchard, Jocelyn Toone-Spokes



**Congratulations!**

The Year 12 Valentines Day Fundraiser was a hit with students and teachers alike!



Cooking up a storm...Year 10 and the Support Unit



**SAY CHEESE!**



## School Photos 2018

School Photos will be taken on Thursday 1<sup>st</sup> March with a catch up day on Tuesday 6<sup>th</sup> March.

Individual and group photos will be taken in the school hall.

Period 1 Year 7      Period 2 Year 9      Period 3 Year 12

Period 4 Year 11      Period 5 Year 8      Period 6 Year 10

## Congratulations to the following students who have been awarded School Based Traineeships (SBAT)



Stephanie Hicks  
Community Services  
Individual Support  
Certificate 11



Rhianna Thompson  
Community Services  
Individual Support  
Certificate 11



Hope Knuckey  
Community Services  
Individual Support  
Certificate 11



Sam Duck  
Community Services  
Individual Support  
Certificate 11



Kristan Bird  
Community Services  
Individual Support  
Certificate 11



The students and their parents were made aware of the commitment they were undertaking as part of the SBAT agreement by representatives from TAFE, Bundaleer, and VERTO.

### What is an SBAT (School Based Traineeships)

It is possible to complete a traineeship while you are still at school. In a School Based, Part Time Traineeship, you complete your Traineeship part time and complete your HSC as well. A school based, part time trainee must complete the same number of hours of work and training that a full time trainee is expected to complete (normally 1200-1600 hours) they just do it over a longer period of time.

You will normally complete a minimum of 100 days of paid employment over the term of your traineeship.

As a school based, part time trainee, you get:

- # a job
- # accredited training
- # ongoing advice and support
- # a training wage
- # an HSC
- # a nationally recognised qualification

Bundaleer

Skill to transform  
**VERTO**





# University Roadshow visit to Wauchope High School



The annual University Roadshow visited Wauchope High School on Friday, February 16.

The University Roadshow is a collaboration between Charles Sturt University, Southern Cross University and the University of New England. It provided our year 11 and 12 students with information on life as a university student, what they can do to prepare, and outline what paths they can take in order to pursue their dream career.

Ms Bernadette Gammon, a prospective student adviser with Charles Sturt University (CSU) said "The University Roadshow has visited schools in regional and rural

NSW for over 15 years."

"Many of the students we speak with are still undecided about where and

what they would like to study, which is completely OK. We are there to help out in any way we can.

"The University Roadshow gives students a chance to start thinking about life after school and allows them to speak with representatives from each of our three universities.

"By joining forces on the Roadshow, the three universities are able to provide students with a wide range of options, and reduce the amount of time students need to be away from the classroom.

"We aim to give school students information early so that they can make the most of the opportunities throughout the year. The Roadshow covers topics such as the courses, accommodation options, career paths, right through to pathways into university study; the University Roadshow covers it all."

It was fantastic to see over 50 of our senior students take part in this educational opportunity.

Mark O'Brien (Relieving Careers Adviser)

A week in the life of a student

STUDY

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	ESS100 Foundations of Human Movement	STUDY	ESS100 Foundations of Human Movement		ESS102 Understanding Research
11:00	STUDY	ESS110 Anatomy and Physiology 1	ESS110 Anatomy and Physiology 1		STUDY
12:00	ESS110 Anatomy and Physiology 1	STUDY	STUDY		ESS102 Foundations of Human Movement
13:00		ESS101 Introduction to Sport and Exercise Behaviour	STUDY		
14:00	STUDY	ESS101 Introduction to Sport and Exercise Behaviour	STUDY		
15:00				STUDY	







NAPCAN (National Association for Prevention of Child Abuse and Neglect) was co-founded in 1987 by Rosemary Sinclair AO and Christine Stewart OAM.

Since then NAPCAN has made a significant contribution to the safety and wellbeing of Australia's children and young people by raising public awareness of child abuse and neglect and its impacts, and by developing and promoting effective prevention strategies and programs.

NAPCAN is governed by a Board of Directors, and has a highly experienced team of program, policy and advocacy staff located around Australia. In addition NAPCAN has the support of an extensive network of professionals, practitioners and concerned individuals who all donate their time and expertise to support our prevention strategies.



Tuesday marked a successful first day for the Lovebites Junior program in Year 8. Students are learning how to recognise healthy, respectful relationships and address issues that might arise within personal relationships such as jealousy and bullying.

**100%**

**Perfect Attendance!**

Congratulations  
Dean, Breanna,  
Meghan, Tyler,  
Ben & Andrew.

100%  
attendance for  
2017.





**Kirra Ostler, Class of 2017**, has been accepted into the prestigious Aboriginal Performance Course at Western Australia Academy of Performing Arts. The course has an intake of 20 students each year and is based on audition and interview. Kirra was successful in gaining a position in this elite course and has since relocated to Perth in February.

The Aboriginal Performance program is a one year, full-time intensive course in acting, dance and singing training. It prepares Aboriginal and Torres Strait Islander students for entry into theatre, film, television and radio work, or to audition for ongoing, high-level training.

On completion of the course graduates will have acquired a knowledge of Indigenous culture in the context of contemporary performance, and will have integrated acting, dance and singing into practical performance skills. The graduate will be responsive to audition requirements, communication skills and processes necessary to gain meaningful employment and function as a professional artist.

Kirra is excited to be on this journey and has her first performance tonight at Edith Cowan University. We wish her all the very best for the year ahead and can't wait to see her on screen and stage in the future.

Mrs Jensen

Drama teacher



#### **SANDWICHES / ROLLS / WRAPS / TOASTIES**

Cheese & Tomato	\$3.00
Ham & Cheese	\$3.00
Egg Lettuce & Mayo	\$3.00
Chicken Lettuce & Mayo	\$3.50
Chicken Caesar	\$4.00
Chicken Cheese & Chilli	\$3.50
Chicken Cheese & Avocado	\$3.50
Ham Cheese & Tomato	\$3.50
Salad	\$4.00
Salad with Ham/Chicken/Egg/Tuna	\$4.50

#### **HOT FOOD**

Bacon & Egg Roll	\$3.50
Beef/Cheese Burger	\$3.50
Beef/Hamburger with Lettuce/Tom & Beetroot	\$4.50
Chicken Lettuce & Mayo or Chilli Burger	\$3.50
Chicken Salad & Mayo Burger	\$4.50
Lasagne	\$3.50
Chicken Wedges	\$3.00
Cheese & Bacon Roll	\$2.00
Small Beef pie	\$2.00
Large Beef Pie	\$3.00
(All Other Assorted Pies)	\$3.50
Assorted Pizzas	\$2.00 - \$3.50
Sausage Roll	\$2.50
Spinach & Feta Roll	\$3.00

**(PLEASE NOTE THAT THE MENU WILL VARY FROM SUMMER TO WINTER AND SOME ITEMS MAY NOT BE AVAILABLE DURING THAT SEASON)**

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#### **DRINKS**

Small Plain Milk	\$1.00
Large Plain Milk	\$2.00
Small Flavoured Milk	\$2.50
Large Flavoured Milk	\$3.00
Small Juice	\$1.50
Medium Juice	\$2.50
Large Juice	\$3.00
Water	\$2.00

#### **SALADS**

Small Tossed/pasta	\$3.50
Large Tossed + Meat	\$4.50
Egg/Chicken Caesar	\$4.50
Egg/Tuna/Ham or	
Chicken Pasta	\$4.50
Greek	\$4.50

#### **FREEZER/FRIDGE**

Juice Cups	\$.80
Mini Callipo	\$.80
Paddle Pops	\$1.50
Chocolate Tub	\$2.00
Yoghurts	\$2.00
Jelly & Custard Cup	\$2.00
Milo Tubs	\$3.00
Fruit Salad	\$3.50

#### **EXTRA'S**

Tomato/BBQ sauce	.30
Assorted Chips	\$1.00
JJ's	\$1.00
Muffin (small)	\$1.00
Muffin (large)	\$2.00

**fresh  
TASTES**  
healthy food at school



**Many Hands Make LIGHT Work**

**VOLUNTEERS NEEDED!**

**Can you help?**

The canteen needs you.  
Please contact Carmel in the  
school canteen if you can  
spare some time to work in  
our air conditioned canteen  
with our friendly staff.

**Thank you**

#### **Comboyne Show**

Saturday and Sunday 24 and 25  
February from 9am

Entry \$5 each adults – Children 16  
and under free

See our **Comboyne Show**  
Facebook page and website for  
more details





Headspace is an Australian youth mental health initiative established by the Australian government in 2006. The project

is funded by the Department of Health and Ageing under the Youth Mental Health Initiative Program.

Headspace Port Macquarie are running seminars for students aged 12-17, see the details on each flyer.

## KEEPING COOL

Learn important life skills to manage stress & anger:

- Understand how stress & anger works in your brain & body
- Identify what makes you stressed & angry
- Know how to handle difficult thoughts & feelings
- Practice safe ways to 'let off steam'
- Practice how to talk so your parents / family and friends listen & understand
- Feel good about yourself as you take action towards what matters most to you
- Know how to resolve conflicts by finding win-win solutions



### Who

Young people aged 12-17

### When

Thursdays 3:30pm-5:00pm for 6 weeks  
Start Thurs 1st Mar, Finish 5th April 2018

### Parents Info Session

Thurs 22nd February 4:30-5:30pm

### Cost

FREE

### Facilitators

Sara Phillips

### Register

☎ 6588 7300  
sara.phillips@each.com.au  
Numbers limited—Book Early

### Where

10-12 Short St, Port Macquarie



## BUILDING CONFIDENCE

Learn & practice important life skills to manage your anxiety:

- Understand how anxiety works in your brain & body
- Learn more helpful ways to relate to your worries & thoughts
- Gradually face your fears with support and encouragement
- Learn to handle awkward social situations with confidence
- Learn how to speak up for yourself and make real connections with others
- Learn effective problem solving
- Take small action steps toward what is important for you



### Who

Young people aged 12-17

### When

Tuesdays 3:30pm-5:00pm for 6 weeks  
Start Tues 27th Feb, Finish 3rd April 2018  
Celebration Tues 10th April 3:30pm-5:00pm

### Cost

FREE

### Parents Info Session

Tues 20th February 4:30-5:30pm

### Facilitator

Sara Phillips

### Register

☎ 6588 7300  
sara.phillips@each.com.au  
Numbers are limited—Book Early

### Where

10-12 Short St, Port Macquarie



## MINDFULNESS

& Creative Journaling:

- Understand how your mind works
- Learn how to handle difficult thoughts & feelings
- Turbo charge your focus, awareness and attention
- Work out what is most important for you
- Learn how to respond rather than react
- Make choices & take action to live life in the way you value most
- Learn how to BE in the present moment
- Learn important life skills for steering you through life's ups and downs



### Who

Young people aged 12-25

### When

Wednesdays 3:30pm-5:00pm for 7 weeks  
Start Wed 21st Feb, Finish 11th April 2018

### Where

10-12 Short St, Port Macquarie

Numbers are limited—Book Early

### Facilitator

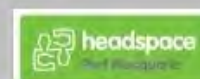
Sara Phillips

### Contact

☎ 6588 7300  
sara.phillips@each.com.au

### Cost

FREE



Schoolatoz is a great resource for parents, there are also some tasty school lunch suggestions...click on the image to check it out







# Wauchope High School

## Parent Permission Note – Section A



Dear Parent or Guardian,

We would like to invite students of Year 8 to attend a camp at the Coffs Coast Adventure Centre

**Date:** Tuesday 3<sup>rd</sup> July – Thursday 5<sup>th</sup> July

The cost of the excursion is: \$380 which can be paid in instalments. Please find attached an instalment slip. Final payment date, **3<sup>rd</sup> June 2018**. Payments can be made using cash, cheque, EFTPOS or Direct Deposit.

A deposit of 10% is due by 19<sup>th</sup> February 2018. This will ensure your child's position at the camp and also that the camp will be able to run.

**Travel:** Buses: Departing Wauchope High School Tuesday 9:30am

Returning to Wauchope High School Thursday 3:00pm

The group will be supervised by: **B James, F Jensen, and others TBC**

The staff members with CPR Training are: B James and F Jensen

(CPR for overnight excursions and when water sports are taking place, also **please complete additional permission.**)

All staff employed at Wauchope High School have current DEC Emergency Care Accreditation.

Organising Teachers  
Bron James & Fiona Jensen

Principal: Mr G. Sawle

Permission Slip – please detach and return to the Front Office.

I give permission for \_\_\_\_\_ to attend the excursion to \_\_\_\_\_

**I acknowledge that it is the responsibility of my son/daughter \_\_\_\_\_  
to catch up on any work missed whilst on this excursion.**

I have filled in and attached the medical form.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

(Parent / Caregiver)

Please print parent/caregiver name: \_\_\_\_\_





# Wauchope High School

## Parent Permission Note – Section B



Please complete the following additional permission:

Overnight Excursion
Accommodation will be at: COFFS COAST ADVENTURE CENTRE Emergency number at accommodation is: Fiona Jensen 0412 997 016 Additionally the group will be supervised by : Bron James and others TBC  <i>Additional information:</i> _____ _____ _____ _____
Overnight Excursion response
I understand that my son daughter will stay overnight at  <b>Coffs Coast Adventure Centre</b>  Signed: _____ Date: _____ (Parent / Caregiver) Please print parent/caregiver name: _____ _____

Water Activities
The excursion will involve the following water sports: Pool swimming and canoes These activities will take place at: Coffs Coast Adventure Centre Additionally the group will be supervised by : Fiona Jensen, Bron James and CCAC staff Floatation devices will be supplied by (if applicable): Coffs Coast Adventure Centre <i>Additional information:</i> _____ _____ _____ _____
Excursion response
In relation to the proposed water or swimming activities, I advise my child is a: <i>(please tick one)</i> <input type="checkbox"/> strong swimmer <input type="checkbox"/> average swimmer <input type="checkbox"/> poor swimmer <input type="checkbox"/> non-swimmer <input type="checkbox"/> I give permission OR <input type="checkbox"/> I do not give permission (tick one) for _____ to participate in water sports. Signed: _____ Date: _____ (Parent / Caregiver) Please print parent/caregiver name: _____ _____





## 13 – 16yr Old Girls Interested in Playing



# LEAGUE TAG

Group 3 JRL have introduced Under 14's and 16's Girls League Tag for the 2018 Season.

The competition will be played on Friday Nights



Training will be Tuesday and Thursday Afternoons

4.30pm @ Lank Bain Sporting Complex (START DATE TBA)

Come along and try a new sport, bring some friends and have some fun

Fees can be reduced with the Active Kids Voucher

\$115.00 per child or \$105.00 with another playing sibling



For more information contact Bonnie Marchmont on 0432472943 or

[wauchopegirlsecretary@outlook.com](mailto:wauchopegirlsecretary@outlook.com)

ALL PLAYERS WILL NEED TO BE REGISTERED BEFORE COMMENCING TRAINING SESSIONS

## Register for: 2018 Port Macquarie Junior AFL

**Junior Competition** - Sunday mornings, season kicks off 8<sup>th</sup> April 2018.

Age Groups: Under 11, Under 13, Under 15 and Youth Girls (age range U13 to U17)

Registration Cost: \$120 (If you elect to use the "Active Kids Rebate Voucher" the registration cost will be \$20) – you apply online via the Service NSW website for the voucher. Players can purchase shorts \$20 & socks \$10 direct from the club. All registered & financial players will receive a club training shirt.

**Auskick** - Friday afternoons, season kicks off 4<sup>th</sup> May 2018.

Age Groups: Under 7 & Under 9

Registration Cost: \$100 (If you elect to use the "Active Kids Rebate Voucher" the registration cost will be zero) – you apply online via the Service NSW website for the voucher. All registered & financial players will receive an official Auskick bag/kit.

### How to register:

**Players registered in 2017:** you will be emailed a direct re-registration link, just update your details or you can log onto the club website now to register.

**New Players:** check out details on the club website or Facebook page.

### Contact:

Email: [pmjaff@gmail.com](mailto:pmjaff@gmail.com)

Web: [www.pmjuniorafl.sportingpulse.net](http://www.pmjuniorafl.sportingpulse.net)

F: [www.facebook.com/PMJAFLL](https://www.facebook.com/PMJAFLL)



## Wauchope Blues Junior Rugby League

We would like to invite anyone that is interested in playing Junior Rugby League to be part of the Wauchope Blues. Ages 4 (must be turning 5 this year)- 16 years.

Returning players can register online at

Wauchope Junior Rugby League Inc- Sports TG

New players will need to register in person.

Registration includes, a training football, end of year presentation, team jersey (once season is finished) and team photo. You can use your child's \$100 active kids voucher towards registration.

Training is on Tuesday and Thursdays for ages 10 and up and Thursdays for ages 6-9 years at Lank Bain sporting complex 4.30pm-5.30pm.

Due to regulations no player will be able to train or play until they are registered.

For more information please visit our website or follow us on

Facebook @ Wauchope Blues JRLFC.

If you have any inquiries regarding registrations, please contact Sue our register on 0408696901



EST 2005

**FOOTBALL  
MID NORTH COAST**

# PLAY OR REFEREE FOOTBALL IN SEASON 2018

\*\*\* 2018 REGISTRATIONS OPEN NOW \*\*\*

[www.footballmidnorthcoast.com/2018-registrations/](http://www.footballmidnorthcoast.com/2018-registrations/)

Find all information about the NSW Government \$100 Active Kids Rebate at above web address

Opportunities to play and referee at varying levels exist. There are also competitions to suit everyone from a beginner to an experienced player or match official. Competitions also cater for those able to travel or for those who'd like to be involved locally.

PLAY  
FOOTBALL

Clubs - <http://footballmidnorthcoast.com/fmnc-clubs/>  
Find a club that suits your needs at the above link.

For more information, please contact the FMNC Office on 0265 850 351.  
Community Football Competitions - [admin@footballmidnorthcoast.com](mailto:admin@footballmidnorthcoast.com)  
High Performance Squads - [larry@footballmidnorthcoast.com](mailto:larry@footballmidnorthcoast.com)

REFEREES  
WANTED

Get Paid to officiate on matches at all levels within the zone!

FMNC are looking for more referees (beginners or experienced).  
There are courses to suit all levels coming up in March.

Please contact Club and Referee Development Officer Justin McIntyre.  
[justin@footballmidnorthcoast.com](mailto:justin@footballmidnorthcoast.com) or in the office 0265 850 351.

## Wauchope Soccer Club - 2018 Registration Day - Wauchope RSL

Saturday 24<sup>th</sup> February 2018 – 9am-12pm

All information is available here:

<http://footballmidnorthcoast.com/2018-registrations/>

- Please have your active sports voucher prior to registration!

- Volunteers will be available to answer your questions! Please feel free to inbox / Facebook for further information or contact one of the following committee members: Dane - 0401193690 or Jayde – 0401234011