

Wauchope High School Newsletter



Wauchope High School Leaders 2018

Calendar of events

Tuesday 7th August 4-6pm School Hall	Parent Teacher Interviews
Tuesday 7th August 6-7pm School Library	Year 11 2019 Information Night
Tuesday 14th August 5-6pm School Library	Year 9 2019 Information Night
Tuesday 21st Aug 6pm Wauchope RSL	P & C Meeting

Principal's Message



Students in Years 7 – 10 were issued with their Semester 1 report today. I would like to congratulate all those students that have worked hard through the semester and achieved results that reflect that focus and perseverance. To those that have achieved results below expectation, the important thing is to use the information provided by teachers and the opportunities that exist during the remainder of the year to demonstrate your true and full potential.

For all parents, I would like to extend an invitation to attend our **Parent/Teacher Night** next Tuesday 7th August from 4 – 6 pm. This is a great opportunity for you to meet with your child's teachers and to identify what support we can provide in partnership with you to ensure they maximise their potential. I look forward to seeing you at this event. Booking are now open online or call the school and staff will assist you to make your interview bookings.

We have now begun our planning for 2019 and a critical part of that work is identifying those current Year 10 students who will be undertaking their HSC in 2019-20. To support our students, your child, we will be holding a **Year 10 into Year 11 information evening** on the 7th August in the Library – straight after Parent/Teacher interviews. At this event, we will answer questions about courses of study and options available to Year 11 in 2019 and assist you and your child in making the best decisions in relation to their future pattern of study.

Congratulations to all those students that represented the school in the 2018 Cumberland Interschool visit. Not only did you bring home the shield you also represented the school with dignity and pride. I have received numerous reports that have praised the way our students conducted themselves while away. Congratulations and well done! A special thank you to Mr Hancock for all his organisation, time and effort.

I would like to wish Year 12 well in the coming weeks as they start their trial HSC examinations. This will be their last chance to practice what will happen in the HSC during October and November this year. It is also their last chance to demonstrate, in a test situation, what they have learnt during the past 12 months. As in past years, students will sit their Trial HSC Exams at the Wauchope RSL Club. A number of students are also busily putting the final touches on major works in a range of subjects including Technics, Visual Arts, Music and Drama.

Glen Sawle Principal

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

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

In 2019 Wauchope High School is turning 60, it's time to celebrate!



Our happy students 1962

Can you help? We would like to form a committee to make this an event to remember. If you are an ex student or know an ex student who could spare some time to help organise this event please contact Ann Cox at Wauchope High School email..ann.cox@det.nsw.edu.au



Open Netball



Cumberland Team



WALCHOPE HIGH 1963



Anzac Day 1959



Staff 1961



Prefects 1970



School Fete 1965



WALCHOPE HIGH 1963



Wauchope High School

cordially invites you to two events on the one huge night, Tuesday 7th August

#1

**Years 7 to 12
Parent Teacher
Night 4 - 6pm in the
school hall**

Make your booking using our online booking system. Please log onto
www.schoolinterviews.com.au

School Event Code : enp2w

If you are unable to access this site to make a booking please call the school and the office staff will assist with your bookings

#2

**Year 10
Senior Subject
Selection Expo
6 - 7pm in the Library**

The purpose of this evening is to inform students, parents and carers of the options and requirements of the HSC and pathways for senior study. Head Teachers will be on hand to give advice about subject selection and examples of work undertaken for courses available. CSU will be in attendance to showcase life after school.

NELSON STREET, WAUCHOPE • PHONE: 6585 1400

www.wauchope-h.schools.nsw.edu.au • EMAIL: wauchope-h.school@det.nsw.edu.au

REMINDER

But wait....there's more!!!

Tuesday 14th August 5-6pm in the School Library an information session for parents of year 8 students.

This session will cover the courses available for Stage 5 , Years 9 & 10



Can you see anyone you know?



Cumberland Interschool Visit Wrap Up

The Wauchope High team travelled to Sydney last week to contest the 43rd Cumberland visit for the right to hold the Parsons Memorial Shield. After three excellent days of competition, Wauchope were once again successful in their quest, retaining the shield with a resounding 36-18 victory over their city counterparts.

This year's visit saw a number of firsts, as the competition continues to evolve in its format. Cumberland are no longer able to field teams in either Junior or Senior Rugby League, and they no longer hold School Socials, so a number of changes were implemented to fill the void. A night of Futsal (indoor Soccer) replaced the Social and was an overwhelming success, as the fast-paced action across the four games kept the players and the crowd on the edge of their seats throughout the evening. A game of Open Boys Netball became the final match of the visit and this also kept the crowd highly entertained, as the two teams were very competitive and produced a great spectacle. This was also the smallest team that Wauchope has ever fielded with 79 students making the trip, 47 girls and only 32 boys.



Winners are Grinners



On the first day of competition, Wauchope got away to the perfect start, dominating the Open Girls and Boys Touch games 17-0 and 13-2 respectively. Wauchope also secured wins in the Mock Trial 226-218 and Junior Girls Netball 36-18. This took the two teams into the night events, where Wauchope also dominated the Boys and Girls Volleyball two sets to one in each match. Cumberland are traditionally strong at Basketball and managed to win the Junior Boys game 41-22, Junior Girls 14-7 and Open Girls 11-10 in a nail-biter. However, Wauchope staged a coup in taking the much coveted Open Boys game 32-18. This was the first time in five years that Wauchope has won this particular game, which made the victory even sweeter, and at the end of Day One the overall score was 14-6 in favour of Wauchope.

A glorious sunny day greeted competitors on Day Two of competition, with Cumberland opening their account early due to a thrilling 1-0 win in the Open Girls Hockey and a comprehensive 6-0 victory in the Junior Boys Soccer. However, Wauchope stormed back with a terrific team effort in the Boys and Girls Athletics, winning both of them 263-202 and 276-177. The Open Girls Soccer team struggled to find the back of the net, but were never really challenged in a 2-0 victory, while the Open Boys nearly pulled off a stunning victory against their more fancied rivals. A Reece Anderson strike in the fifth minute put Wauchope ahead for the majority of the game, but Cumberland managed an equaliser with only three minutes remaining. The Open Girls Netball team produced a beautiful team effort and an attractive brand of Netball to continue their winning streak against Cumberland in a 47-23 demolition.



The Futsal night, as described earlier, was played out at a frantic pace. The Junior Girls began proceedings with a 4-2 victory, but the Junior Boys were outclassed by their skilful opponents to go down 7-3. The Wauchope Open Girls, with a wealth of experience, were expected to completely dominate their game, but this turned out to be the match of the evening. An outstanding keeping performance by the Cumberland goalie kept the score at 1-all going

into the final minute. With seconds remaining, Rhianna Thompson found herself in space and took the ball towards the goal, looking for the final shot. One of the Cumberland defenders attempted to tackle her and clear the ball, but instead booted the ball past her own keeper for an own goal, which handed Wauchope an incredible 2-1 win with two seconds to go. The reaction of both crowds was sheer pandemonium; heartbreak for a valiant Cumberland, delight and relief for the favourites Wauchope.

The final game of the night was the Open Boys and this was another cliffhanger, with Wauchope staging an amazing comeback to salvage a 3-all draw after trailing 3-1 going into the final third, thanks to the efforts of Andrew Thomas in attack and Tylee Donovan in defence. The draw was an important result, as it took the overall score to 28-14 at the end of Day Two, meaning that Wauchope had already clinched the shield.

Day Three began with the Junior Girls Touch team playing superbly to score a 6-0 win and then the Junior Boys Touch played one of the best games of the visit against an evenly-matched Cumberland side. It was some amazing last-ditch defence from Kade McKenna, Wayde Coombes and Jemel Blair that allowed Wauchope to escape with a narrow 5-4 victory. The Wauchope Open Girls Tennis team also secured a 4-2 win, but Cumberland won the Open Boys 4-1, and then they were also victorious in the Open Girls Softball 4-2.



This left the final match to be the Open Boys Netball, which appeared to be going the way of Cumberland, as they led by as many as seven goals in the middle of the game. However, the Wauchope team refused to give up, and managed to eventually take the game 25-11, on the back of great defence from Owen McKittrick and attack by Josh Jones and Reece Anderson.



The final winning margin was 36-18, which gave Captains Owen McKittrick and Monique Copelin the opportunity to hold the Parsons Shield aloft for the fourth consecutive year, finally breaking the parallel that has existed between this competition and the State of Origin series over the past 13 years. The Most Valuable Team Members for Wauchope were Tylee Donovan and Charlotte Wilton, with Peter Lee and Ljubica Momcilovic, who was in thirteen teams, the best for Cumberland.



The two schools would like to thank the Parsons family for their ongoing support of this event, and the Wauchope students would like to thank the Cumberland families for their amazing hospitality in billeting them for two nights. Some great friendships were again forged, and new rivalries sparked, which is of course what makes this visit such an important part of the school and town's psyche, and the reason we hope for it to continue for many years to come.





Sixteen students recently attended the University of Newcastle 'Schools Visit Day.' Students were able to immerse themselves in the university life by attending lectures and going on campus tours. Prior to the day students logged onto the University website and were able to tailor their day with lectures and tours that best suited their interest and future pathways. The day enabled the students to learn about opportunities, accommodation, pathways, and courses available through the University of Newcastle. Students were also able to navigate their own way around the campus.

I would like to thank the students for taking the opportunity to attend the university, they gained in so many ways.

Mark O'Brien (Relieving Careers Adviser)



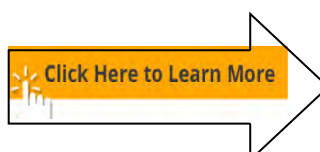
NeW Space is a \$95 million landmark education precinct in the heart of Newcastle's CBD, harnessing the latest in technology and innovation in teaching and learning to deliver a world-class student experience. The faculty areas in this precinct are Law, Business, Commerce, Creative Arts and Entrepreneurship.

University of Newcastle Year 12 Subject Spotlight Early Offer Program

"We believe that your ATAR doesn't define who you are – it is your unique passions, abilities and ambitions that matter. Our Year 12 Subject Spotlight program rewards you with an early offer for your hard work and strong results in individual subjects related to your degree. So, you can take some of the stress out of your final school exams, knowing your ATAR isn't all that matters. There is no separate application for the program – simply apply through UAC to qualify. "

SCHOOLS RECOMMENDATION SCHEMES

Schools Recommendation Schemes (SRS) are one way institutions make early offers of undergraduate admission, using criteria other than (or in addition to) the ATAR.



Careers Work Experience

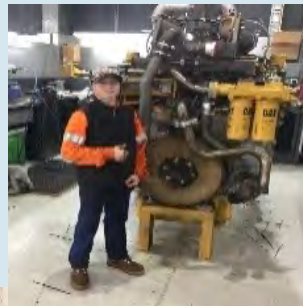
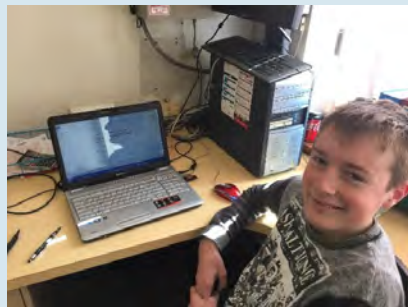
During Term 2, week 9, a number of Year 10 students participated in a week of work experience.

I was very proud of the hard work and commitment shown by our students during their work experience and it was pleasing to hear the excellent compliments from the employers. I would like to thank the various employers and businesses who supported our students with this valuable program;

Taronga Zoo, C S Mechanical Repairs and Services, Wauchope Library, Wauchope Travel, Wauchope Motors, Jenisha Hair Design, JM Glass & Son Solicitors, Port Macquarie Base Hospital, Urban Grain Bakery Port Macquarie, NSW Police Force Prosecutions, One Off Makery Pappinbarra, Illume Naturopathic Wauchope, Beechwood Public School, Expressway Spares.

Year 10 students please note that there will be another opportunity for work experience in Term 4. For students to have the opportunity to participate in work experience school attendance and the completion of all school tasks is a requirement. Students will be responsible for organising their own placement and to follow the procedures outlined by the Careers Adviser to ensure that the school, the employer and the students themselves are covered by the NSW DET Insurance Indemnity.

Mark O'Brien (Relieving Careers Adviser)



This week a film crew came to the Treehouse to make a promotional video showcasing our social worker at work in her natural habitat!

Anna graduated from Charles Sturt University and has been with us since 2016. The university have recognised the great work Anna is doing and have featured the Treehouse in a promotional video for students at the university and school leavers.



University of Technology (UTS)-Indigenous Holiday Program

I was one of thirty Indigenous students chosen out of sixty applicants in Australia to participate in the University of Technology Sydney Jumbunna Boarding Program during the July holidays. I was also one of only two students in the whole Mid North Coast.

During the program I was given a taste of university life, staying at the university accommodation and attending lectures at the main campus.

The program focused on Engineering and Information Technology. The students were given a number of tasks during the week, from creating a prosthetic arm in biomedical engineering, building our own gear box for an F1 car in mechanical engineering, to designing a game and programming a motherboard in coding.



Students were also given professional advice from companies such as TransGrid, Lendlease and Westpac.

Above all, the students and I had a chance to learn and discover what opportunities await us if we decide to further our education into university. Engineering is now one option for a future career direction.

Tahlia De La Mare Year 10

G'DAY USA

The countdown is on for these 10 students who will be travelling to the USA in early January for 20 days.

They will be visiting places such as Los Angeles, San Francisco and staying with a host family in San Diego for 10 days. We are all excited and looking forward to, not only the trip itself, or meeting other group members from around Australia but developing life-long friendships with our American host families.

Mr Ray Grimson (HT Mathematics)



New South Wales Combined High Schools Knockout Finals 2018

Wauchope High Schools Open Girls Volleyball team attended the State Knock out Volleyball Finals at Netball Central Homebush on Wednesday 25th and Thursday 26th July 2018. The top 16 teams in the state schools system battled it out for the ultimate title of top Volleyball school in NSW. The Wauchope team started the tournament with an outstanding win over Warrawong High School from Wollongong. The girls played excellent Volleyball to win in 3 straight sets and set up a quarter final game against Riverside Girls High School sporting 3 players in the current Combined High Schools State team. This was a hotly contested game with 4 extremely close sets before Wauchope eventually lost to Riverside, one of the hot favourites for the title. This put the girls in a game against Ryde Senior College, another hotly contested game that that unfortunately Wauchope was not able to win. Their final game saw them finish the championships in 8th position in the state, an amazing effort against city schools that play competition Volleyball weekly and a credit to a small country High School that pushed their more fancied rivals with outstanding skills and execution.



The Team

Back row- Isabel Ryan, Monique Copelin, Piper Thompson, Kayla Turner

Front row- Madi Boxhall (C), Lani Swinnerton, Molly Styles.



The Wauchope High School **Under 16s Rugby League** team competed in the annual Harry Wells Gala Day on Tuesday. Unfortunately we were only able to field 12 players and this set us back right from the start. 3 narrow losses across the day meant we were out of contention for the shield, however all the players who made the effort to be there and represent the school can be proud of how they conducted themselves. It was an awesome effort from you all in difficult circumstances.

Congratulations to the recipients of faculty awards this week from the students of the Special Unit and those who have demonstrated Care and Respect.



Congratulations
Brayden

Who recently
competed in the
State Cross Country
and came 8th for
his AWD group.



COMMUNITY NEWS

WEP AUSTRALIA

WEP.ORG.AU

WEP STUDENT EXCHANGE

A WEP exchange at a glance:

- Choose from over 25 countries
- Live with a local host family
- Attend school overseas
- Experience life in another culture
- Learn a language
- Make incredible friends
- Make memories and skills for life!

Are you in years 9-12? Do you want to discover the world? Find out more about this once in a lifetime opportunity!



SO, WHERE WILL YOU CHOOSE?

“DOING A STUDENT EXCHANGE WAS ALWAYS A DREAM OF MINE AND THE WEP AUSTRALIA TEAM REALLY MADE IT THE EXPERIENCE I WANTED AND MORE! I'D DO IT AGAIN IN A HEARTBEAT!” - ANKE

FIND OUT MORE!
(YOU CAN REQUEST A FREE INFO PACK IN THE POST!)

SMS 'EXCHANGE' TO 0428 246 633

WEP.ORG.AU

WEP AUSTRALIA

1300 884 733

Foster love

Foster care and make a positive difference to 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 becoming a foster carer, why not come along and discover what's involved at one of our upcoming information sessions.

Monday, 6 August, 6pm - 8pm
Uniting Mingaletta
7 Sherwood Road, Port Macquarie

Monday, 3 September, 12pm - 2pm
Uniting Mingaletta
7 Sherwood Road, Port Macquarie

Book your place now.
For more information or to register
uniting.org/fostering or call
1800 864 846

With heart.

Uniting

Uniting Child & Family Services - Hastings

Term 3 2018 Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Mitji Guparr Playgroup For Aboriginal Families Venue to be advised (With Centcare) 10:00-12:00 23 Jul-24 Sep	First Time Parents Supported Playgroup Uniting Burnside Port Macquarie 10:00-11:30 24 Jul-25 Sep	Mum & Bubs Walk It Out Cultural Group Riverside Wauchope (With Centcare) 10:00-12:00 25 Jul-26 Sep	Mitji Wambayn Playgroup For Aboriginal Families 4-Square Bethel Church High Street Wauchope 10:00-11:30 26 Jul-27 Sep		We also offer all of these courses on a one-to-one basis for those who find group interaction a challenge. You can call us to set up an individual assessment for income visiting support if you are struggling with managing multiple kids, isolation, or anything else that might be impacting your ability to enjoy your family. Contact us on 02 6581 6600 for all enquiries & bookings.
Triple P Parenting Program Uniting Burnside Port Macquarie 10:00-12:00 30 Jul-20 Aug		Supported Fun Playgroup Uniting Church Hall Laurieton 10:00-11:30 25 Jul-26 Sep	Circle of Security Parenting Program Uniting Burnside Port Macquarie 10:00-12:00 16 Aug-27 Sep		
		Tuning In to Teens Emotional Intelligence Wauchope Library High Street Wauchope 12:15-2:15pm 01 Aug-05 Sep			
	RAGE for 10-13yr olds Re Navigating Anger & Guilty Emotions Uniting Burnside Port Macquarie 5:00-7:00pm 24 Jul-15 Aug	RAGE for 14-17yr olds Re Navigating Anger & Guilty Emotions Uniting Burnside Port Macquarie 5:00-7:00pm 05-26 Sep			

Circle of Security



Re-navigating Anger & Guilty Emotions

RAGE is a strengths-based program that is practical and fun.

What is CoS?

Learn how to better understand the emotional needs of your child.

CoS is a visually-based approach to help you see how to develop a secure attachment with your child.

Our four **free** sessions will help you to:

- Understand the importance of attachment
- Gain knowledge about relationships in which feelings can be shared
- Reflect on your own parenting experiences
- Learn about the CoS concept & how it occurs within the lives of children & adults

Where:
Uniting Burnside
7 Sherwood Road
Port Macquarie

When:
Thursdays
16th Aug-27th Sep

Time:
10:00am to 12:00pm

Get in Touch:
6581 6600
uniting.org

RAGE for 10-13year olds

This RAGE course has been designed specifically for young people aged between 10-13 years.

It is run in unison with the MAAD program for parents. Both are evidence-based best practice endorsed programs.

Parents are asked to attend all four sessions to support their young person.

Four **Free** sessions include information about:

- the many faces of anger
- the Anger Cycle
- healthy expression of anger
- getting through the guilt of anger
- relaxation, exercise & diet
- fun activities

Where:
Uniting Burnside Office
7 Sherwood Road
Port Macquarie

When:
Tuesdays
24th July to 15th August

Time:
5:00pm-7:00pm

Get in Touch:
6581 6600
uniting.org

Re-navigating Anger & Guilty Emotions

RAGE is a strengths-based program that is practical and fun.

RAGE for 14-17 Yr olds

This RAGE course has been specifically designed for young people aged between 14-17 years.

It is run in unison with the MAAD program for parents. Both are evidence-based best practice endorsed programs.

Parents are asked to attend all four sessions to support their young person.

Four **Free** sessions include information about:

- the many faces of anger
- the Anger Cycle
- healthy expression of anger
- getting through the guilt of anger
- relaxation, exercise & diet
- fun activities

Where:
Uniting Burnside Office
7 Sherwood Road
Port Macquarie

When:
Wednesdays
27th Sept to 25th Sept

Time:
5:00pm-7:00pm

Get in Touch:
6581 6600
uniting.org

headspace
Port Macquarie

NSW Health
Mid North Coast
Local Health District

Parenting Teens in Crisis

A DBT skilled based program for parents to support teens who are in crisis to develop effective coping strategies and to create a supportive environment

What is covered in this 4 week program:

- The teenage brain
- Distress tolerance
- Emotion coaching
- The role of the carer
- Behaviour management
- Understanding self harm



Who:
Parents and carers of 12-18yr olds who experience emotional dysregulation, engage in self-harm behaviours or who experience suicidal ideation.

When:
Wed 22/08 to 12/09 (4 weeks)
5:00pm to 6:30pm

Facilitators:
Sara Phillips &
Sarah Fox (Youth & Family Mental Health Team)

Register:
6588 7300
sara.phillips@nsw.gov.au
Numbers are limited - Book Early

Where:
10-12 Short St, Port Macquarie

Cost: Free

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health