

# Wauchope High School Newsletter

Email :wauchope-h.school@det.nsw.edu.au website: <http://www.wauchope-h.schools.nsw.edu.au>



Term 1 Week 6

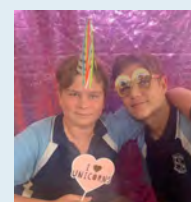
Wauchope High School Leaders 2019



Next Thursday, 14th March there are 3 BIG events all on the one afternoon

1. Twilight Tour for parents and students in Years 5 & 6 ...5 to 6pm
2. Meet the Teachers for parents and students in Year 7....5 to 6pm
3. Thelma the Unicorn comes to Wauchope High School....6 to 7pm

From 5 to 6pm there will be tours of the school by our Peer Support Leaders, there will be displays and activities in the hall, a chance to meet and talk to the teachers in an informal setting and then.....drum roll please.....The Thelma extravaganza arrives with dancing, singing and of course, food. Don't miss out on this fun afternoon.



## Virtual reality arrives in a bus at Wauchope High School

Today, the students of Wauchope High School were treated to a glimpse of the future with the arrival of the **Paddock to Plate** virtual reality tour of sheep husbandry.

The students were enthralled, Year 10 boys have never been so quiet! And the Special Unit thought it was amazing.



Invoices for school fees were given to students this week, if you haven't received yours please ask your child to check their school bag. If your child has been away your invoice will be mailed to you.

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

We have been busy planning the launch of Yondr at Wauchope High School. On Tuesday the 19th of March we will be holding a parent information session along with the P'n'C AGM at the Wauchope RSL. On the first day back of Term 2 the students will be taught about YONDR and how the strategy will function at Wauchope High School. On the following days students will be assigned their YONDR cases and we, as a community, will need to be available to support students through the transition.



From Term 2 onwards students will be distraction free from 9am till 3:30pm each school day. I have been pleasantly surprised by the positive feedback and encouragement we have received from parents, other schools, and staff. Society is recognising that there is an issue here that needs addressing and by educating our kids we aim to show them how to harness the strengths of the technology whilst at the same time practicing everything in moderation.

Some parents have asked how they can get involved / support our Yondr transition. We ask that you:

- \* Discuss this Yondr in advance with your son/daughter and encourage them to get involved.
- \* Join in and go mobile phone free at work during the first week to show support.
- \* Start a conversation with your son/daughter about what it was like at school with no mobile phones.
- \* Install apps like screen time or Action dash on your family's phones to monitor the amount of screen time.
- \* Talk with your son/daughter about goals for reducing idle screen time.
- \* Call the front office on 6585 1400 if you need to contact your son or daughter.

## **Yondr Why? Yondr What? Yondr When?**

There is more and more evidence about the negative impact mobile phones are having on teenagers. Mobile phone use amongst teenagers is now considered a risk behaviour alongside drinking, alcohol, smoking cigarettes and taking illicit drugs. A lack of sleep from late night use, cyber bullying, less time being physically active, and less face-to-face social interactions are just some of the impacts. As such, we need to ensure that we are educating our students on the social, emotional and health impacts of mobile phones.

Further to this, is also the impact mobile phones are having on the learning that takes place in the classroom. Research tells us that mobile phones diminish student's attention span, the ability to retain information and overall academic performance. Our teachers also echo these sentiments and describe how mobile phones impact on the teaching and learning that takes place on a daily basis.

Phones are not banned at Wauchope High School and many teachers ask students to use them at specific times to enrich lessons. It is important that students feel like their phones are safe, available if needed and not locked away. Ultimately, good sense must prevail as we harness the strengths of the technology and at the same time practice everything in moderation.

In each newsletter we will be featuring a brief article to raise awareness about the use of mobile phones and the importance of moderation.



1

### CASE

As students enter the phone-free space, phones will be placed in a Yondr case.



2

### LOCK

Once inside, the case will lock. Students keep their phones throughout the day.



3

### UNLOCK

To unlock the case, tap it on any teacher or administrator's unlocking base.

## Mobile phone awareness articles

### Frequently Asked Questions

**Has this happened in other similar schools?** Wauchope High School is the first school in Australia to trial Yondr but has been implemented in over 600 schools in America and was introduced for a day at Daylesford Secondary College Victoria.

**Are Mobile Phones banned at Wauchope High School?** No. Mobiles can be a very useful educational tool inside the classroom. Teachers will bring unlocking stations into the classroom when appropriate. This allows technology to continue enhancing learning at Wauchope High School

**What if I want to reach my student during the school day?** We want our students to be engaged in their learning. Please contact the main office at 6585 1400 to reach your student.

**What if there is an emergency?** In case of an emergency, we direct our students to safety first. School staff will be able to unlock a Yondr case in a matter of seconds for students once they are in a safe and secure location.

**Will my student's phone be safe?** Yes, because students are in possession of their phone in the Yondr case and should keep the case stored away in their backpacks.

**What if the case gets damaged or lost?** The Yondr case is the property of Wauchope High School. The school will provide a replacement at the cost to the student and/or have their phone placed in the school safe immediately.

### Mobile phone awareness article

*Teenagers who spend five or more hours a day on electronic devices are 71% more likely to have a risk factor for suicide than those who spend less than an hour a day. Young people who use screens this much are also 52% more likely to sleep less than seven hours a night – a significant amount of sleep deprivation with potential consequences for both physical and mental health. The more time young adults spend on social media, the more likely they are to be depressed or lonely. (The Guardian – 12 January 2018)*



10 Students and 1 staff member had decided they were interested in visiting the United States of America.

For the past 2 years, (2017-2018) students were saving to pay off this adventure, applying for passports and entry visas into the USA. 18 Days of travel, including Los Angeles, San Diego (where students and staff were hosted by fabulous American families) and San Francisco.

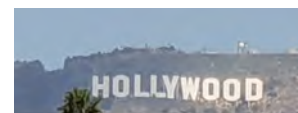
Part 3 Day 5

Thursday JANUARY 10<sup>TH</sup>, 2019

HOLLYWOOD & SANTA MONICA

A NOT TOO early start to the day with breakfast was at 8:30 am.

A nice coach ride into the Hollywood district took a little time but well worth it. We took a guided walking tour around the streets, along many of the STARS on the footpaths. We saw the birth place of the Oscars and where the Oscars are held. In a shopping Mall of all places. From a distance, for all you Pretty Woman fans, we saw where Richard Gere arrived to climb up the escape stairs to meet Julia Roberts. We also stopped at the famous hand prints in concrete. Mel Brooks was from Tasmania, can you see why?



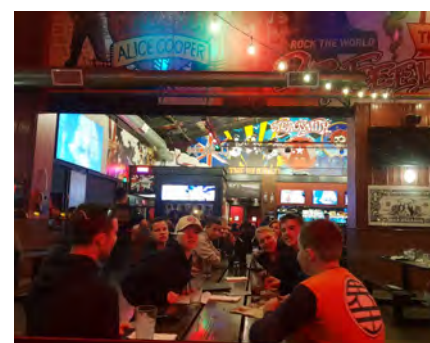
Next door was Madame Tussaud's Wax Museum. Many famous faces, here are just a few. As you exit, you leave through a shop that had everything \$5. Grab a California Hoodie from here, you won't see it cheaper anywhere else. Might be a good gift for friends and family back home.

After quite a while here, it was time to return to the coach for a drive through Beverly Hills and down to Santa Monica, the start of Route 66. Mark Wahlburg's Hamburger place was passed on our journey here.



Many homeless were at the park near where we stopped. Many ventured down to the old Pier and amusement area. In the opposite direction is the centre of the shopping area. Some bargains could be found if you looked. Apple iPhones XR from \$499 US.

We boarded our coach for the return to our hotel where we needed to find a place for dinner. Jean Simmons, the lead singer of the rock group KISS, owns a restaurant nearby called Rock & Brews. They were fabulous. Especially for a large group of 42. The quality and quantity of the meals were fantastic, as too was their service. We had the kids work out their own costs and tips. The venue loved having us and didn't charge the kids for their sodas (soft drinks). I thoroughly recommend this place for a future visit. We waddled back to our hotel with very full bellies.



## Youth Ambassadors - Active Student Voice

Shannah Shroeder and Lucas Warburton were lucky enough to be part of a team of youth ambassadors who met with the Governor of NSW His Excellency General The Honourable David Hurley AC DSC (Ret'd) and his wife, Mrs Hurley on Friday 22<sup>nd</sup> February at the Port Macquarie Hastings Council chambers.

Members of the local Youth Advisory Council, Headspace, Charles Sturt University SRC, School leaders and representatives were some of those in attendance.



His Excellency Mr Hurley and his wife engaged in deep discussion about issues which local young people find most pressing. These included a strong call for action around climate and pollution; the need for civics education to encourage young people to

engage in politics and activism; and safe affordable public transport locally.

Shannah put a strong case for the need for more youth services and facilities in the outlying areas of the Hastings and Lucas reinforced the need for more consistent, affordable and reliable public transport. Both represented our school proudly and confidently, with Shannah offering a strong case for the excellent opportunities offered at Wauchope High School, and successes from students which often go unnoticed in the broader community.

### Active student voice

If you would like the opportunity to be part of building a stronger, more visible voice within the school community, consider becoming part of the active student voice team linking with SRC.

The goal is to support open conversation between staff and students; develop clearer leadership pathways and provide leadership opportunities in all aspects of school life.

If you feel your opinions aren't heard, don't whinge and gripe. Become part of the solution, make your voice heard.



### Charles Sturt

University Parent Information Evenings Parent info evenings are being held at 5:30pm on our Port Macquarie Campus 20th March. CSU aims to equip you with the answers to support your child/children on the university journey. For details visit [futurestudents.csu.edu.au/school-leaver/preparing/parents](http://futurestudents.csu.edu.au/school-leaver/preparing/parents)



Congratulations to these students for receiving Science Faculty Awards for showing commitment to their studies.



**Bago Schools Day** held on Tuesday 5th March was a great success. Year 6 students from the Bago Community of Schools enjoyed many new experiences and all said they were looking forward to 2020 .



Our Peer Support Leaders under the guidance of Mrs Munro once again did an amazing job.

Mr Osborne and Mrs Jenny Grein, Year 7 Advisor 2020



# SPORTS REPORT



Courtney and Laicy at the North Coast under 15's Touch Trials, their LNC team was undefeated. Laicy made the possible probables



Boys Open Basketball Team



Junior Boys Touch Team



Open Girls Basketball Team

The WHS open girls basketball team recently competed in the selection trials in Port Macquarie. Our first game was against Melville which was a hotly contested game with the final score being tied at 19 all. Both teams then had to play 5 min of extra time, Wauchope stepped up with some excellent shooting and scored another 10 points to 4 which saw them progress to the next round.

The second round game was against Macksville High which saw a slight shake up of the teams so we still went with 5 on and 5 off. The girls were a bit slow out of the box which could have been due to the large hot chips that were consumed prior to the game.

The end result saw WHS victorious again and into the final against Port High. We rested up for the next big game as we have been on the receiving end of some cricket scores in the past.

At the end of the 1<sup>st</sup> quarter it was 10 all this kept our hopes up for an upset. By the end of the 3<sup>rd</sup> quarter they were 4 in front, could this be our big moment as we have never beaten them. Unfortunately it wasn't to be we eventually went down 29-24.

It was a great day for the girls as they played their hearts out, well done to you all. When announcing the team for lower north coast to play in Coffs harbour we had 3 players selected.

Mr David Starr

## Partner Dancing in PE

Did they enjoy it? You be the judge...



## Indoor Rock climbing success!

Some very agile Year 11 students have been participating in indoor rock climbing for sport this term. They are often assisted by WHS 2018 Vice Captain Tamika Cordell, who works at Centre of Gravity in Port Macquarie.

Tamika was recently offered a climbing position with the NSW Youth Lead rock climbing team which will compete at Nationals in Villawood, Sydney this May. This is an outstanding achievement from a former Wauchope High student. We wish Tamika all the best at this National level competition.



Gil, Tarj, Declan and Nathan



Tamika on hand to help Tarj.





## DNA Fingerprinting

**The Crime:** A man is mugged while withdrawing money from the ATM late one night.

**The Evidence:** An eyewitness who caught a brief glimpse of the mugger's face, and samples of his blood and skin taken from underneath the fingernails of the victim.

**The Suspects:** Two men who both match the description taken from the eyewitness.

This was the case presented to Year 12 Biology students, who spent a day undertaking Gel Electrophoresis (a technology used in DNA Fingerprinting) to compare DNA samples and identify the guilty party.



Some of our wonderful and enthusiastic staff, Mr Houlahan, Mrs Busby, Mrs Wade and Sharnie

How lucky are we to have such great staff members



# Marine Studies

On Friday 28th February Mr Reid and Mr Dixon took Year 9 Marine Studies to the Wauchope Memorial Pool to test their water safety skills around marine craft. The students were placed in a simulated rip and then asked to exit the pool without aids, this proved tricky for some.

They swam 25 metres fully clothed, removed these extra clothes whilst treading water, performed rescues and were taught how to enter the water with a life vest and retain body heat in the water.

Everyone had a great morning and learned some valuable lessons.



## THELMA THE UNICORN

Thursday 14<sup>th</sup> March 6pm-7pm at Wauchope High School

Thelma the Unicorn is coming to Wauchope High School

The play is an interactive journey through the grounds of Wauchope High School where you will be entertained by Drama, Dance and Music and also be able to taste some delicious delicacies whipped up by our talented Hospitality and Food students under the expert eye of Bron James, super chef.

The event has a variety of activities for the kids.

We are excited to present the THELMA extravaganza!

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

Thursday 14<sup>th</sup> March from 5pm-6pm Wauchope High School are having a **Twilight tour for year 5 & 6 students** and **Meet the Teachers for Year 7 students**.

Come along to see what your local high school has to offer.



# Checklist of items recommended to have prior to leaving school

Students in Year 10 and above should aim to have the following accesses and numbers to assist with planning their future and progressing beyond secondary school. These will also assist students to apply for employment or progress to University or Vocational Education and Training (VET).

Please note that this information is personal and should not be shared with others. Store the information in a safe place, preferably at home. As students work through their latter years of secondary school, they should aim to access or create a range of items to assist with their transition from school to work and further study. This checklist will assist students to gain independence and feel more organised.

<p><input type="checkbox"/> <b>Professional email account:</b></p> <p>Every student should create an email account, using any format you wish (eg: Gmail, hotmail, outlook, live etc) that can be used for their future. Whilst all students have a school email account, this expires once you leave school. A professional email account should be easy to read, mature and logical. Do not use nicknames or combinations of letters that will make it difficult for people to read, as it can be easy for people to get it wrong and therefore you may not receive the emails.</p> <p>It is also a good idea to check your emails regularly and try to minimise the amount of junk emails you receive by turning off / minimising notifications from different organisations.</p> <p>For more information about effective email domain names go to <a href="https://fitsmallbusiness.com/professional-email-address/">https://fitsmallbusiness.com/professional-email-address/</a></p>	<p>My personal email address is:</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <p>My school email address is:</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
<p><input type="checkbox"/> <b>Wauchope High Careers Student Portal:</b></p> <p>As you commence your senior schooling, you are encouraged to create an account within the Wauchope High School Careers website, Student's Secure area.</p> <p>Within this secure area of the site you can create resumes, complete career exploration surveys and prepare individual career research.</p> <p>When you create your student account, you can use any email you wish. You will also be asked to create a password. Please keep a record of it and keep in a safe place</p> <p>To create your Student Secure Area access go to <a href="https://whscareers.com/">https://whscareers.com/</a></p>	<p>I have created an account in the Wauchope High School Careers website</p> <p style="text-align: center;">YES                      NO</p> <p>The email address I used for my account is:</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
<p><input type="checkbox"/> <b>Resume:</b></p> <p>Every student should have a resume by the end of Year 10. Even if you already have casual employment, it's good to have one, as you will never know when you might like to apply for a new job.</p> <p>A resume is also a good way to keep track of the different things you have completed that prove your skills, abilities and participation</p> <p>Resume builder is available for students to help create a resume within the Wauchope High School Careers website, within the Students secure area. Students can continue to access this section after they have completed school</p> <p><a href="https://whscareers.com/">https://whscareers.com/</a></p>	<p>I have a resume:</p> <p style="text-align: center;">YES                      NO</p> <p>I have developed a resume using the careers website:</p> <p style="text-align: center;">YES                      NO</p>
<p><input type="checkbox"/> <b>NESA Student Number:</b></p> <p>Knowing your NESA student number will allow you to access your Year 10 – 12 ROSA and HSC results. You are required to print off your ROSA yourself at the end of year 10 by going to your Students Online account.</p> <p>You will be required to ACTIVATE your NESA Students Online account towards the end of Year 10 by going to <a href="https://studentsonline.nesa.nsw.edu.au/">https://studentsonline.nesa.nsw.edu.au/</a></p> <p>When you do activate your account you will be asked to create a 6 digit PIN. Please keep a record of it and keep in a safe place.</p>	<p>My NESA Student Number is:</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <p>The email that is linked to my NESA account is:</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>

**Tax File Number:**

Any individual who wants to secure either casual, part time or full time employment in Australia is required to have a Tax File Number. This needs to be provided to your employer when you start a new job. If you do not provide a Tax File Number, then technically, the employer is required to withhold up to 50% of your pay until you provide it. A Tax File Number is also required if you apply to university, and is often required to be added to your bank account once you reach 18

Students need to apply for a Tax File Number online, then book an appointment with the Post Office in Wauchope/Port Macquarie with your proof of identification. A Tax File Number can take up to 6 weeks to be issued by the Australian Tax Office

<https://www.ato.gov.au/individuals/tax-file-number/apply-for-a-tfn/>

My Tax File Number (TFN) is:

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**Unique Student Identifier (USI):**

Individuals are required to apply for a USI if they wish to apply for any kind of Vocational Education and Training (VET) course in the future. This includes things such as a White Card Course, Barista course, First Aid certificate or TAFE course.

A USI is only applied for once for each individual and kept for life.

When applying for a USI online, you must have either a Medicare card, Drivers Licence or Birth Certificate as proof of identification. You must also have an email account that is unique to you (eg, don't use your parents one)

To apply for a USI go to <https://www.usi.gov.au/>

Please keep a record of it and keep in a safe place.

My Unique Student Identifier (USI) is:

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The email that is linked to my USI account is:

---

Additionally, there are other aspects that can be important for you to know, or keep a personal record/ copy of, for your future use. It is recommended that you discuss these with your parents / carers.

- Birth Certificate
- Drivers Licence
- Medicare Card
- Bank Account

**ALWAYS PROTECT YOUR PERSONAL INFORMATION, AND DO NOT SHARE IT WITH OTHERS UNLESS IT IS WITHIN THE CORRECT CIRCUMSTANCES.**

**IF YOU CHOOSE TO USE THIS DOCUMENT, STORE IT IN A SAFE PLACE.**

**TO PREVENT IDENTITY THEFT, NEVER STORE BOTH YOUR ACCOUNT AND YOUR PASSWORD TOGETHER.**

# Comboyne Show

**Saturday 16 March and Sunday 17 March** from 9am-3pm

A wonderful family day out – well worth the drive up to the gorgeous Comboyne Plateau!

Pavilion exhibitions of art, craft, photography, baking, preserves, flowers, fresh produce, home brew beer; on all day both days.

Very entertaining variety of horse events in the show ring over both days

Agricultural equipment displays. Demonstrations of setting up a bee hive, hand churned ice cream making (with free samples for the kids) spinning and felt making, cheese and sourdough bread making, preserving vegetables just on Saturday.

Pony rides, face painting, amusement rides, poultry, dog championships just on Saturday.

Coffee cart - Great food – ploughman's lunch, barbecue, freshly made salad rolls, Devonshire teas, Asian food, famous Comboyne homemade cakes and slices.

\$5 per adult. Children under 16 free. Free parking.



**Join Today!**

**Wauchope Senior Guides - Timberland Gals are searching for YOU!!**

Where: Rotary Hall, Oxley Lane Wauchope (next to Bain Park)

When: Monday's Fortnightly

Time: 6.15pm - 8.15pm

For: Girls aged 14 - 17 years

Want to know more? email [wauchopegirlguides@gmail.com](mailto:wauchopegirlguides@gmail.com) or Wauchope Girl Guides on Facebook

Also Leadership opportunities for women 18 years Plus!

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GIRL GUIDES AUSTRALIA NSW & ACT

## Could You Be the Next Wauchope Showgirl?

Junior Entrants: 14-17 years of age

Senior Entrants: 17-24 years of age

The Wauchope Showgirl Competition is a local experience for young girls and women that encourages friendships, personal growth and service to the community. We are currently looking for young girls and women who display the following qualities: dedication to a cause, compassion for others, and a desire for growth and achievement. The Wauchope Showgirl Competition is no longer a competition but an experience that encourages empowered young girls and women to utilise the proffered platform and become ambassadors for the local community. This is a competition for all young girls and women in the Hastings area and we would LOVE to have a range of girls! If you are interested, please contact Debbie on 0409310383, Madeline on 0458722457 (or email: [madeline.dobson@lism.catholic.edu.au](mailto:madeline.dobson@lism.catholic.edu.au)) or Ann at the showground office on 65853023

## Wauchope Hockey Club invites you to Come and Try Hockey on 28th Feb, 7th March, 16th March for boys and girls aged 4 - 16

These sessions are designed for beginners and are run by experienced coaches. All equipment will be provided – Lots of fun is guaranteed. The program will run for 3 weeks, no need to register, just come and try Hockey

28<sup>th</sup> Feb & 7<sup>th</sup> March at Landrigan Park Wauchope, 5:00pm – 5:45pm

16<sup>th</sup> March at Hockey Fields Port Macquarie, 9:00am – 10:30am

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

[www.wauchopehockeyclub.org](http://www.wauchopehockeyclub.org)

