

Wauchope High School Newsletter

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Term 1 Week 8



Wauchope High School Leaders 2019

A Magical Night at Wauchope High School

In a celebration of community, Wauchope High combined Meet the Parents Year 7, and Twilight Tours year 6 with a feel good performance produced by year 11 drama students.



Thelma the Unicorn based on the book of the same name, featured junior drama, music and dance students exploring the idea of being comfortable in your own skin. They were joined in a flash mob finale by students from feeder primary schools.

The hall was positively heaving with activity – each faculty displaying student work and offering activities such as face painting, pin the horn on the unicorn, bookmark making and some sizzling science with chemistry and physics to name a few. Guest were treated to the classic sausage sizzle along with fresh fruit salad and unicorn rainbow biscuits provided by hospitality. Up and coming musicians kept the mood up entertaining all. Year 10 Peer Support Leaders led tours of the school for prospective students and their parents.

Thelma kicked off afterwards with the audience taking a journey with Thelma around the school as she judged the X Factor, appeared on the Stallionette and Danced With The Stars before the internet trolls venom made her realise it was far better to just “be me”!

Principal Glen Sawle combined forces with Science HT Jayme Reid to get the library absolutely pumping with a pretty cool version of “Brown Eyed Girl”. It was a night where all who participated shone. “The staff are all so passionate here” one parent commented. The staff would collectively like to congratulate and thank all those who participated either as performers, crew or simply being part of the evening as an audience member.



Peer Support Leaders who did another amazing job with the guidance of Mrs Munro





Part 4 Day 6

11th JANUARY 2019

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. Throughout the year, glimpses of the trip will be placed into the newsletter and Facebook pages to show everyone the places we saw and the fabulous time we had.

If Anyone is interested in a future G'Day USA trip, please contact Mr Grimson, here at WHS, 6585 1400.

UNIVERSAL STUDIOS & HOST FAMILIES

An early start to the day with breakfast was at 7:30 am. We then had to pack our bags ready as we were leaving LA today.

Bags were already expanding from our visit so far. We placed them onto our coach and were ready for our day at Universal Studios. Our day included The Back Lot Tour, where we saw many familiar movie settings such as, Back To The Future. There were streets of New York set up, a 747 plane crash, a flash flood and we were even paid a visit from the original Jaws from about 40 years ago and it is still there.



Other highlights were, The Simpson's attractions, including Duff Beer (for the adults only). The land of Harry Potter, including Hogwarts, drinking of butter milk and mead and tasting the chocolate frogs. There were also Minion Mayhem, The

Walking Dead, Fast & Furious, The Mummy, Transformers and viewings of how the many special effects are produced and go into making movies.

After a long and enjoyable day, it was time to board our coach again for our trip to San Diego where our host families would be eagerly awaiting our arrival. Granite Hills High School was our host school. With over 2000 students from Years 10-12 and many lessons beginning at 7am through to 3:30pm.



"Phew"! Time for a rest.

As we approached the school, their Electronic sign read "Welcome Aussies". What a nice welcome. Upon arrival at the school, it was dark, being their Winter. We felt like VIPs. There were signs and posters with our names on them so we could find our host families easily. Even flashing LED lights. We unloaded our bags from the coach and as I turned around, everyone had disappeared. Students had already been in touch with their host families before we left Australia and were excited to be spending the weekend with them.



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. Congratulations to the following students.



English in action

Everyone listening and engaged, not a phone to be seen, what a wonderful sight!

NSW Junior Chess League Competition

On Wednesday Tyson Boese, Texas Cox, Ash Rowley and Nick Preece played their first round match against St Joseph's Regional College. Many of the games were hard fought and the boys played well against the strong St Joseph's team. Wauchope went down 4-0 but look forward to their next away game in the competition.



Bedwell's Banter

Year 7 News

Congratulations to all students selected to participate in the 'Literacy Transition' event in WHS Library on Monday 11 March.



A successful day that saw Year 7 broaden their knowledge in reading, writing and comprehension. Round two will be held in Term 2, stay tuned for details.



On another note, can I please ask all parents and guardians to have a discussion with their child regarding their social media use. Wauchope High School has partnered with Mid North Coast Health to develop a 'Love Bites' program that embraces respectful relationships. Students are loving the program. We wish to support a healthy and safe environment for learning in partnership with our diverse and vibrant community.

Thomas Bedwell

Year 7 Advisor

Parent Teacher Night, followed by the P&C General Meeting & AGM, and a discussion on Yondr.

Another busy night for parents, staff and students.





Investigating Health Careers

10, 11 & 12 students from the WHS visited the University of Newcastle Manning Health Education Centre trialling a variety of health careers including midwifery, medicine, nursing, physiotherapy, occupational therapy, pharmacy, dietetics and speech therapy. Students gained valuable insight to the courses available and the tasks performed by people in these careers.

Thanks to the University of Newcastle for an outstanding day!



Australian Tax Office In-School Presentation

The ATO delivered a presentation to our year 11 students. This presentation covered a range of topics including:

- understanding tax- the who, what, how and why of tax and super systems
- the budget and how tax is spent.
- when you need to pay tax.
- how much tax to pay.
- how to apply for a tax file number.
- how to complete and lodge tax returns.

I would encourage all students who have not applied for a tax file number to do so as soon as possible.

For assistance with your application, see Mr O'Brien.



“Girls Can Too- Kempsey TAFE awareness day encourages Try a Trade”

Female students to consider a trade career

A trades awareness day was held at the Kempsey Campus of TAFE NSW on Monday to encourage girls to consider a career in a trade.

Wauchope High School female students had the opportunity to participate in a trades awareness day which was held at the Kempsey Campus of TAFE NSW on Monday, March 18.

Our students participated in hands-on activities related to the construction, horticultural, engineering and automotive industries. Local female ‘tradies’, trade business owners and apprentices attended to tell our female students about how and why they chose a trade for a career.

Also attending the event was Supporting and Linking Tradeswomen (SALT), a non-profit incorporated organisation, who provide a support network for tradeswomen, apprentices and women who wish to enter the trades.

Thanks to the Mid Coast Connect and Kempsey TAFE for an outstanding day!



Charles Sturt University Future Moves Visits Wauchope High School

Future Moves has grown from CSU's commitment to lift participation in higher education. It is a program for school students who have the potential to succeed at university. CSU introduces them to the world of university study; communicate the benefits of higher education and addresses perceived barriers and encouraging them to become more confident in considering tertiary study as a realistic option in their career

Future Moves aims to:

- Lift aspiration for university study;
- Introduce the idea of a career and lifelong learning;
- Raise awareness of post school options;
- Demonstrate pathways and options;
- Increase students' educational attainment whilst at school and
- Engage with parents to help them support their children in their post-secondary choices.

The Future Moves team works in partnership with schools and their communities, bringing together University and industry partners to create a suite of engaging interactive activities for students. I would like to thank both Tanya and Matt from CSU for presenting the Future Moves program.

Mark O'Brien

Relieving Careers Adviser



HSIE Sydney Excursion

On the 6th, 7th and 8th of March, 35 Year 11 students undertook an excursion to Sydney. The purpose of the excursion was to take part in a variety of educational activities related to their senior pattern of study; Twitter for Business Studies, the Institute of Law for Legal Studies, the Sydney Jewish Museum for Modern History, the Nicholson Museum for Ancient History and the Zoo for Biology.



Wednesday the 6th was a day of travel with a long trip on the train to Sydney. From Central Station we made our way to our accommodation at the YHA Railway Square. After sorting out opal cards we took an intercity train to Circular Quay for a trip on the ferry to Manly for our evening meal. Students took advantage of a warm autumn night riding at the bow of the vessel. For the return trip many enjoyed the wild wind at the stern of the boat.

Thursday morning saw an early start with students splitting into three groups. The Ancient History group went to the Nicholson Museum at Sydney Uni. Our guide regaled us with many stories of practices around Ancient Egyptian mummies. From the mummification process as practiced by the ancient Egyptians to the way in which the Europeans used these mummies in the 18th and 19th centuries, which ranged from the bizarre to the shocking.



The Legal Studies group ventured to the New South Wales Supreme Court building in the city to spend the morning in the courts. We were met by our facilitator, Genevieve, who was employed by the Law Day Out organisation which introduces school students to the legal system in our state.

The students met the Supreme Court Judge, Justice Rees who grew up in Bellingen and attended the local high school. She attended Sydney University and did post

Degree study at Cambridge University, was a committed legal debater who competed in competitions all over the world. The pull of Australia brought her back to her homeland where Rees had a career as a very successful barrister as a criminal and corporate lawyer. The offer to go to the Bench was too good to refuse and this is where she presides now.

We observed a variety of cases in a number of courts during the morning. A Supreme Court case involved a man who



stabbed someone to death because “voices” told him to do it. The students thought he looked like a killer, which resulted in discussion on what a killer actually looks like. The witness on the day gave their evidence by phone as they were in Paris.



A defamation case, with 3 judges listened to a 20 minute argument on the definition of a lie. This was an appeal regarding A Current Affair who it was alleged defamed someone’s character in an episode.

No-one got bail in the Bail Court which is not surprising when you are caught with 3 kilos of ice. The legal representatives here were scolded by the magistrate for their lack of preparation. One client had been waiting since last April to get their bail application heard.

The Biology group visited the zoo and were engaged there all day with many of the exhibits.



On Thursday afternoon the Legal Studies Students and Ancient History students joined together to undertake a walking tour of the rocks. Highlights of this experience were the view from Observatory Hill, the stories of the bubonic plague and aspects of life in this part of colonial Sydney. Thursday night students took advantage of the opportunity for shopping in Pitt Street Mall. By the end of Thursday the group had walked an estimated

30 000 steps, this was a real high for Mr Houlahan and many of the students.

Friday morning saw slightly later start with students splitting into two groups. The Modern History group visited the Sydney Jewish Museum. Here the students took part in a lecture a guided tour of the museum and listened to a talk from a Holocaust survivor who escaped the Nazi’s when she was a girl. The survivor spoke of her life in Budapest during the war and Australia after, losing relatives and hearing people being killed and robbed by the victorious Russians. This was an eye opener for the students. Having attending school in Europe and avoiding school in Australia made it all the more impressive that she ran a successful florist business in Kings Cross for 30 years. The survivor loved our students who were respectful and interested during the talk. She was so impressed that she gave Matt Gibbs a big hug at the end. This was a memorable experience for the student group.

The Business Studies group were treated to a visit to the head office of Twitter Australia. Students were impressed with the office of the global company. The Chief Executive Officer of the Australian office was there to answer student’s questions about the business. Students gained valuable insight into aspects of this business.

Friday afternoon greeted us with another long trip home. All were happy to arrive back at Wauchope Station. As per usual students were strong ambassadors for the school. All these activities will be used to consolidate course learning taking place in the classroom over the rest of the year.



SPORTS REPORT

Open Boys and Girls Basketball

The Open Boys and Girls Basketball teams competed in the annual knockout gala day and Lower North Coast selection trials, held at Port Macquarie on Thursday 21st of February.

Both teams had to play their first round games at the same time, meaning that for the most part, neither team could support the other during the course of each game. The Boys game was a see-sawing epic battle against an old foe in Camden Haven, who had defeated them in the friendly match contested last year at their school. The Wauchope boys gained their revenge for that loss in a tight 40-37 win, with Reece and Jarren strong in attack, while Zac, Hayden and Matt pulled down a number of rebounds.

The Girls game was even closer against the unknown Bowraville team, finishing 18-all at full-time, before being forced into five minutes extra-time. Wauchope dominated this period to eventually take the match 25-19 and move into the second round winners decider. Caitlin, Ellie, Brittney and Sophie were among the best attackers and Shikira, Lacey and Taia defended with great energy.

The Boys next game was against the unpredictable Bowraville team, and they were confident about their chances of taking it out. However, Bowra shot the lights out in the first 3-4 minutes, which meant that Wauchope were playing catch-up from that early time in the game. Despite narrowing the margin a few times, Bowra had enough answers to see them run out 40-32 winners. Beau, Josh, Brock, Riley and Logan all had improved games in this one, as the extra experience and court time proved a benefit.

The Girls played Westport in their next match and appeared to control the tempo from the outset. Westport rarely threatened the Wauchope lead throughout the game and the girls played good team basketball to take the contest 34-26. Along with Caitlin and Ellie again, Courtney, Kirsty and Kim all stamped their mark on this match and put in solid performances.

This win took the Girls into the Final against the experienced Port Macquarie team, which caused a little bit of apprehension. However, all the nerves soon went away, and the whole team just got better as the match wore on. At one point in the fourth quarter, Wauchope reduced the margin to three points, down 24-21, but they were not able to pull off the win, going down 29-21 in the end, making Mr Starr very proud.

At the end of the day, the Boys and Girls teams to compete at North Coast were announced, with Jarren and Reece, Caitlin, Ellie and Taia selected in the two teams. Congratulations and good luck at the next level.

Zone and North Coast Swimming

Eleven students who qualified from our school swimming carnival took on the challenge of competing at the Zone Carnival which was held at Macksville on the 25th of February. Eight of these students, four boys and girls, were able to make up a 13 Years relay team each, apart from competing in their individual events, which was pleasing.



Boys Open Basketball Team



Open Girls Basketball Team

According to Mr Grimson, the team manager, all the students swam well on the day and were a pleasure to take away. He thought that each one had quite an enjoyable time at the carnival. Apparently the Year 7 boys also helped Mrs Thornton in timekeeping at certain times, which was a great help to the carnival organisation.

Stephanie and Jack managed to qualify for the North Coast carnival at Murwillumbah on the 5th of March, which is an outstanding achievement considering they no longer train intensively for competition. No results are known for that carnival at this stage.

15s Boys and Girls Touch

Wauchope's 15s boys and girls touch football teams competed at the LNC Zone round robin gala day and selection trial, which was held again at Bowraville on the 22nd of February. The weather looked threatening before departure, but proven to be very pleasant upon arrival.

The Wauchope girl's teams have set an extraordinary benchmark over many years to not lose a preliminary game before contesting the Final. Mr Whittock was once again able to coach this team to a similar feat, in winning against Camden Haven 4-0, Westport 1-0 and then scrapping out a 3-all draw against Port High. In the Final, Macksville showed the benefit of playing together regularly in their local town competition as they proved too strong in a 4-0 win, but Mr Whittock had nothing but praise for his team, as their teamwork on and off the field and overall behaviour were outstanding.

The boys unfortunately failed to fire in their first game to lose a heartbreaker 2-1 to Camden Haven. Some words of encouragement and a bit of tactical improvement saw Wauchope convincingly defeat Westport 9-0, but then fall back into a lapse again Port High, going down 5-2. This meant playing in the consolation 5th-6th match, in which the boys managed to restore some pride with a 6-2 victory.

When the Lower North Coast teams were announced, Courtney and Laicy and Kurt and Jeremy were selected in the two teams, which play at Coffs Harbour on the 8th of March. Congratulations to each of you and good luck at the next level.



Junior Boys Touch Team

CHS Volleyball 2019

Five girls from Wauchope High School travelled with the North Coast Team to Newcastle on Tuesday 12th – Thursday 14th March 2019 the contest the Combined High Schools State Volleyball championships.

Molly Styles (C), Piper Thompson, Charlotte Wilton,

Kayla Turner and Emily Bell were all outstanding members of this team and played 9 matches over the 3 days against the other regions in the state. Every game was closely contested and fiercely fought on the court with the Western Region emerging winners at the end of the carnival.



North Coast finished a creditable 7th place and Molly Styles was selected in the Country versus City match mid-way through the carnival as a selection game for the CHS team. Molly also earned the coaches medal at the final



presentation for her attitude and play during the week and Emily Bell was the very deserving MVP player for the North Coast team over the entire 3 days. She received this medal at the final presentation and this is an outstanding achievement for a year 9 student in an open team. I am very proud of their achievements as a team. They train hard every week just to be in a position to compete at this level. Congratulations to these girls and a massive thank you to the parents who always come along and enthusiastically support their children and others at this carnival.



More photos from the HSIE Sydney Excursion



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Mobile phone awareness article

A National Institute of Health (NIH - USA) study is showing that young people spending more than seven hours a day looking at devices show signs of premature thinning of the cortex, the brain's outermost layer that processes sensory information. The Sydney Children's Hospital and the NSW department of health set a guideline for teenagers of less than 2 hours of recreational screen time per day. Even the innovators of technology, such as the owners or directors of Microsoft, Apple, Facebook, Twitter and Android, are on the public record for saying they heavily minimise their children's access to screens such as mobile phones

PLAYERS WANTED

2019 REGISTRATIONS NOW OPEN FOR ALL

EST 2005 FOOTBALL MID NORTH COAST

* Visit the FMNC website for registration information (including Active Kids Voucher and How to Register) - www.footballmidnorthcoast.com/2019-registrations

* Follow the Football Mid North Coast Facebook page for regular information and updates.

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