



Wauchope High School Newsletter



Term 3 Week 8 Friday 13th September 2019

LEGACY PUBLIC SPEAKING COMPETITION

Congratulations to all of the participants, full story page 4



WHO WILL BE OUR 2020 SCHOOL LEADERS



See more page 3

A NURSING CAREER



Pathways to a nursing career
Full story page 7

TEXT



University of Sydney-Widening
Participation and Outreach
(WPO). Full story page 3

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.



Support Unit



PDHPE



CAPA

Key Dates Term 3 & 4

Year 11 Examinations	Monday 16th September to Wednesday 25th September
P & C Meeting	Tuesday 17th September 6pm Wauchope RSL Lasiandra Room
Year 12 Final Assembly	Thursday 26th September 9:30am
Last Day of Term 3	Friday 27th September
First Day of Term 4	Monday 14th October
Year 8 & 9 Yearly Exams	Monday 28th October to Friday 1st November
Year 7 & 10 Yearly Exams	Monday 4th November to Friday 8th November

University of Sydney-Widening Participation and Outreach (WPO)

Widening Participation and Outreach (WPO) at the University of Sydney aims to increase access and participation in higher

education for young people from regional and remote areas. The aim of the program is to enhance learning potential, build academic capacity and spark student interest in opportunities that they might not yet realise university can offer them.

In 2019, the WPO invited students from Wauchope High School to engage in on-campus experiences at the University of Sydney. The aim of the program is for students to realise their potential through higher education. Shannah Schroeder and Jessie Wade participated in the three day program at the University of Sydney. I would like to acknowledge and thank Shannah and Jessie for representing the school and the community with pride.

Mark O'Brien Relieving Careers Adviser



School Leaders 2020

Prospective school leaders for 2020 gave their captain speech on Monday morning.



Such a lovely group of students made voting very difficult. All of these students would make great leaders. The new captains will be announced at the Year 12 Final Assembly Thursday 26th September 9:30am.



Southern Cross University Visit (SCU)

A special thank you to Peter Marshall, Student Recruitment Officer for SCU, who presented to our students the benefits of studying at university and in particular gave specialist advice on course options, accommodation, scholarships and early entry.

SCU STAR Early Offer program can guarantee a place at University before ATAR results are even released! The simple application form only takes 10 minutes to complete. Applications are now open for Session 1, 2020. **Applications close 13 September 2019.**



The 2019 Legacy Public Speaking Competition was held in the school library during Legacy Week. Students from each stage were competing for prizes and were invited to speak on any subject relating to the ideals of voluntary service, social justice, caring, personal effort, personal sacrifice and/or mateship. The student body presented a diverse range of speeches; from climate change to stereotypes in Dance; from mental illness to the Fourth Industrial Revolution. The event was sponsored by the Port Macquarie Hasting Legacy Club, with funds from the Leventhal Legacy Scholarship. Kerry Thompson, President from Port Macquarie Hasting Legacy Club, assisted Mrs McGufficke and Mrs Howell on the judging panel. The school would like to thank the Port Macquarie Hasting Legacy Club for their ongoing support. Winners were Hailey, Jordan, Tyler and Piper. Runners up were Meg and Chloe.

Congratulations to these students and all who participated.



Rotary Public Speaking Competition

On Tuesday, 10th September three Wauchope High School students participated in the above competition. The competing students were Tyler, Jordan, and Piper.

Tyler was the first speaker and he outlined the attributes of the fourth Industrial Revolution which led Mr Houlahan to say “what?” Everyone knows about the (First) Industrial Revolution but not many were familiar with this concept. The Fourth Revolution concerns the new technologies that we are dealing with today, from robots to genetic manipulation.

Jordan was the next to speak. She spoke about the intensity of gender inequality and the statistics behind it, from extremes of gender pay gap to violence against women. She also outlined what many women are facing in society today and why there is a bias about women in leadership. Indeed, this is reflected when it is noted that the female referees in the National Rugby League competition have been relegated to be linesman (or linespeople) for this weekend’s semi-final round.

Final speaker was Piper who spoke about the stigma and discrimination surrounding mental health issues. Piper talked about her personal journey which was both moving and motivating.



The judges were very complementary to the speakers stating how impressed they were with the deep knowledge and enthusiasm that they displayed for their selected topics. They gave valuable feedback to the speakers which they readily took on board. The winner was announced and it was Piper who will now continue to the

next round to compete against the winners of the other Rotary Club competitions in the district at a date to be announced. Congratulations to other competitors, Tyler and Jordan who were pipped in a close vote.

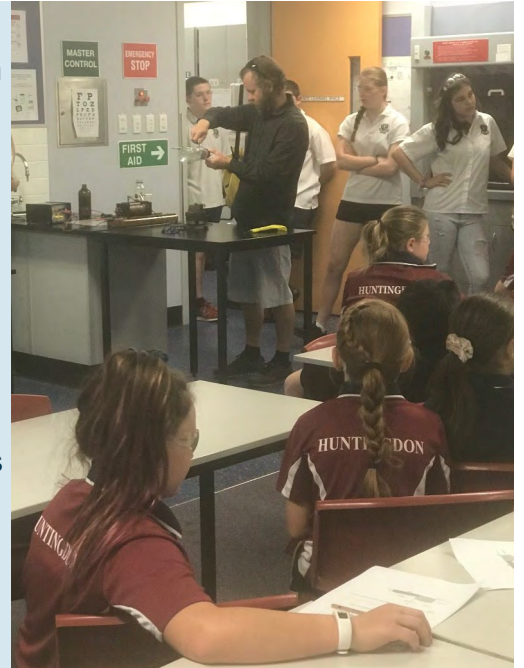
Thank you to Rotary Wauchope for organising the competition and to Ms Thomas, from English, who supported the students on the night.

Mr Houlahan HSIE.



***Rocketman* Reid teaching the students of Huntingdon Public School the physics of rocket launch**

As part of the Destination Moon science week focus Wauchope High School donated 3 rockets to the year 3,4,5 and 6 class. With Mr Reid at Huntingdon Public School the students spent an hour constructing their rockets and then the following week arrived at Wauchope High School ready to launch. The students learnt about the physics behind rocket propulsion including calculating flight velocities. The students loved finally launching their rockets but one rocket flew a little to far and ended up in the Hastings river, sorry fish. This program is being offered to our other partner primary schools in the area. Interested parents and community are invited to observe the activities the next time primary school students come to launch rockets!



Congratulations to our Under 16's Futsal Team who came second in the zone and played very well



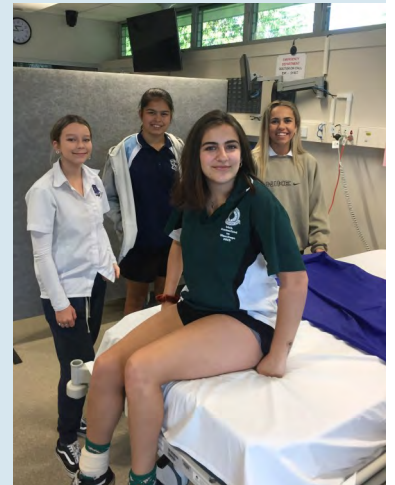
Congratulations also to our Under 14's Futsal Team who played with great sportsmanship and had lots of fun

Aboriginal Student Pathways to a Nursing Career

This week four students from Wauchope High School participated in the Aboriginal Student Pathways to a Nursing Career workshop at the Manning Education Centre in Taree. The Manning Education Centre is part of the University of Newcastle (UON).

The workshop program included:

- Hands-on Nursing skills activities in the Clinical Simulation Labs with UON Nurse Educators
- A tour through Manning Hospital by HNE Health Nursing staff
- An information session about Aboriginal Nursing Traineeships and Cadetships through Hunter New England and NSW Health
- Discussion about university pathways and support with Wollotuka at the University of Newcastle



This excursion was an amazing opportunity for our students. The four students, Caitlin, Eva, Ruby and Georgie were all fantastic ambassadors of Wauchope High School. It was a pleasure to be part of the excursion.
Mark O'Brien Relieving Careers Adviser

Senior Geography Fieldtrip

Year 12 Geographers headed out for one last fieldtrip to 'SAILS by Rydges' last week. They have been investigating Tourism as an economic activity and conducted a local case study of this business which caters to this industry. Caitlyn from 'SAILS' gave the students a guided tour of the resort which has recently undergone a \$15 million dollar renovation.





Year11 Yearly Timetable 2019 in School Hall

Be at each exam at least 10 minutes before the scheduled time.

Week 9	Monday 16th September	Tuesday 17th September	Wednesday 18th September	Thursday 19th September	Friday 20th September
9:00am to 11am	9am 10 Min Reading Time English Advanced (1.5hrs) English Standard (1.5hrs) Students=18+45=63	9am 5 min Reading Time Mathematics (2hrs) Maths Standard (2hrs) CFS (1.5 hrs) Students=19+33+8=60	9am 5 min Reading Time English Extension I (2 Hrs) M Seminar Room Students= 2	9am 5 min Reading Time Primary Industries(2hrs) Legal Studies (2 Hrs) Students=16+22=38	9am 5 min Reading Time Business Studies (1.5 hrs) IPT (1.5hrs) Physics (2hrs) Students=13+13+5=31
1.20pm to 3.30pm		1.50pm to 3.25pm PD/H/PE (1.5hrs) Students= 31		1.20 pm to 3.25pm Biology (2Hrs) Students= 27	
Week 10	Monday 23rd September	Tuesday 24th September	Wednesday 25th September	Thursday 26th September	Friday 27th September
9am to 11am	9am 5 min Reading Time Ancient History(2 hrs) IT Timber (1.5hrs) Kitchen Operations(3hrs) Practical in M5 Students=9+10+ 15=34	9am 5 min Reading Time Modern History (2 hrs) Food Technology (2.5 hrs) Drama (2hrs) Chemistry (2 hrs) Agriculture (2hrs) Students=12+5+7+9+10=43	9am Music Practical (1.5hrs) in H1 Students=6	9am No Exams Yr 12 Final Assembly COLA	9am No Exams
1.50pm to 3.30pm		1.50pm to 2.56pm Music Aural in H1 (61min + 5 min Read) Students=6			

Fun in the library with “MAKERSPACE FRIDAYS”

Last week Mrs Virginia Cox was in for another amazing MAKERSPACE session with Steam Punk jewellery and reverse garbage. Students made some beautiful pieces using repurposed and new materials. There will be Makerspace activities every Friday in the library at lunch so come and see what's happening this week.



BEECHWOOD PUBLIC SCHOOL AND BEECHWOOD P&C ASSOCIATION PRESENT

Beechwood Public School

SESQUICENTENARY

20TH & 21ST SEPTEMBER 2019

SCHOOL CELEBRATION

FRIDAY 20TH SEPTEMBER, 2019
TIME CAPSULE DIGGING UP / SESQUICENTENARY CELEBRATION ASSEMBLY / CLASS PERFORMANCES
CLASSROOM DISPLAYS
Open to all interested parties.

HERITAGE FUNFAIR

SATURDAY 21ST SEPTEMBER, 10AM
TIME CAPSULE DISPLAY / HISTORIC VEHICLES / RIDES
CLASSROOM DISPLAYS / LIVE MUSIC / MARKET STALLS
MEMORABILIA / KIDS ACTIVITIES / REPTILE DISPLAY
HASTINGS CO-OP "COLONIAL CAFE" WITH DEVONSHIRE TEA AND CLASSIC TIMBERTOWN PIES
Entry by gold coin donation, open to all.

CELEBRATION DINNER

SATURDAY 21ST SEPTEMBER, 6:30PM
FORMAL DINNER CELEBRATING 150 YEARS OF BEECHWOOD PUBLIC SCHOOL
HELD AT WAUCHOPE COUNTRY CLUB
Tickets at the following link:
<http://beechwood150yeardinner.eventbrite.com.au>



Saxbys

Hastings Co-op



More information: www.facebook.com/beechwoodpandc
or email: beechwoodpandc.150yrs@gmail.com

Drawn to Art!

OCTOBER 2019 SCHOOL HOLIDAY ART WORKSHOPS

with Art Teacher/Artist Jane Whitfield BA Fine Arts

Everything you need to know

Where: Jane's NEW Art Studio
21 Richwood Ridge, Crestwood Heights (off Crestwood Drive)

Please Bring: Snack, drink, paint shirt

Tutor Supplies: All materials, except where specified

Cost per Workshop: \$33.00 (GST Inc) p.p.

Contact/Bookings: 0438 803 992 | Drawn to Art (Follow my page for all updates)
Email: drawntoart@bigpond.com

Creative Kids Vouchers - Redeemable at Drawn to Art
Art Workshop Bundle
Inclusions: 3 x 2 hour Holiday Workshops (6 hours) \$99.00

When redeeming the voucher it must be used over the current 2 week school holiday program, 3 workshops in total must be booked in under the same student's name on the creative arts voucher.

TERMS & CONDITIONS: Bookings before Thursday, 26th September please.
Vouchers (including child's DOB) MUST be sent via email by the 16th September, 2019.
**** WORKSHOPS MUST BE PAID WITHIN 24HRS OF BOOKING BY DIRECT DEPOSIT ONLY****

Newcastle Permanent - Acct Name: Drawn to Art BSB: 650 300 Acct No: 500373508
Please confirm payment by photo message.
****Would you please use your CHILD'S NAME as a Reference on your deposit****
Your child will not be able to attend classes unless they have paid. Payments are non-refundable or transferable as materials are purchased prior to the workshops & are included in the cost.

Workshops 1 & 2 - Charcoal Reflection Art

Monday 30th September, 2019
10.00 am - 12.00 pm Cost:\$33 (includes materials & tutoring)
2.00 pm - 4.00 pm Cost:\$33 (includes materials & tutoring)

Students will learn how to draw with specialised charcoal pencils. Drawing an animal's reflection, we will focus on proportion & realistic characterisation.

PTO FOR MORE AVAILABLE WORKSHOPS





AMAZING RACE

FOR YOUR HEAD SPACE

A race that will test your mind & body

WEDNESDAY 9 OCTOBER 2019

**MAKE YOUR WAY THROUGH 7 PIT STOPS
COMPLETING ACTIVITIES TO GET CLUES
TO THE NEXT DESTINATION**

TEAMS OF 2 - 4 PEOPLE (\$5 per head)
FOOD, MUSIC AND GREAT PRIZES TO BE WON

TOWNGREEN - 11AM START

Registration via Eventbrite (search Amazing Race For Your Head Space)
More details call 6588 7300 or email headspaceCE@each.com.au

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

Wauchope RSL Cricket

CATERING FOR ALL AGES:

- 5-10 year olds for **Junior/Master Blasters**—\$99 (8 weeks)
Thursdays 3.45-4.45pm = skills based training/games—starts Nov 14th @ Andrews Park
- U10s- primary school age **Backyard Bash** —\$25 (4weeks)
Fridays 4.30-5.30 = provides pathway into U13s program or other Saturday cricket - starts 18th @ Andrews Park
- U10s **Junior Cricket** — \$120 (incl backyard bash)
Fridays 5.30pm starting 15th November: After Xmas School holidays will start playing on Saturday mornings.
- 11-16 year olds for **Saturday Morning Cricket**—\$120 to \$140
Tuesday/Wednesday/Thursdays training (depends on grade); Saturday morning games

Sign up on www.playcricket.com.au
<https://www.facebook.com/wauchopecricket>
Rego day 14th September or contact juniorexecutive@wauchopecricket.org.au

Wauchope Family Fun Day

WEDNESDAY 9th OCTOBER 2019

Looking for free school holiday fun?
Come along to **Bain Park Wauchope**

Free Activities
Jumping Castle
Free BBQ
Terry's Entertainment
Games
Face Painting
...and more

10.00 - 10.10
Welcome to Country
10.10 - 12.00
Activities/Terry's Entertainment
12.00 - 1.00
Free Sausage Sizzle

Fun for all the family!

MID NORTH COAST LIBRARY SERVICE
Wauchope Information and Neighbourhood Centre, 11 High St Wauchope 2445
P: 6586 4055 E: info@midcoast.com.au

SCHOOL HOLIDAY KINDNESS CHALLENGE

Make the world a better place.

You don't need a reason to be kind. Kindness is always a choice. The more you practice it, the more natural it becomes. Practice being kind each day for the next 14 days by choosing 1-4 ideas from the lists below. You can choose from one category or all four each day. Choose your level of kindness. Add your own ideas as well...

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KINDNESS to SELF

- Do something that makes you happy today
- Exercise for 10 minutes and get your heart pumping
- Smile more often
- Avoid complaining for the entire day
- Create a new game and play it with friends and family
- Take time to practice mindfulness
- Take long slow deep breaths for 3 minutes
- Listen to your favourite music

KINDNESS to FAMILY

- Help with the chores without being asked
- Express your gratitude to your family
- Play a game with a family member
- Wash Mum or Dad's car
- Make a handmade card for someone in your family
- Tidy up after yourself
- Surprise a family member by doing their job for them
- Cook a meal
- Leave a special note on a family member's pillow

KINDNESS to OTHERS

- Write a letter or note to someone out of town and post it
- Bake a cake or your favourite food and deliver it to a friend or someone in need
- Find opportunities to give compliments today
- Say "thank-you" as much as possible
- Hold the door open for the person behind you
- Do something kind for a stranger
- Greet people with a Hug, High Five or Handshake

KINDNESS to PLANET

- Use less plastic
- Drink from a reusable water bottle
- Turn off the lights when you leave the room
- Use reusable shopping bags
- Pick up 5 pieces of litter
- Walk more, drive less
- Recycle
- Make a piece of art work from recycled materials

CURRENT PROGRAMS AT WAUCHOPE NEIGHBOURHOOD CENTRE

3 Waugh Street, Wauchope NSW 2446 T: 02 6586 4055 E: winc@midcoast.com.au
Postal Address: PO Box 545, Wauchope, NSW, 2446



- **Information, Referral & Advocacy**

- **EAPA** - assistance with paying electricity if suffering financial hardship
- **Food Connect Program** - provides free bread, bread rolls, vegetables and fruit every Monday from 9.30am onwards. Collected and distributed by REAP Food Rescue by OzHarvest. Emergency food relief when available (No Food Vouchers)
- **Laundry Facility** - for people who are experiencing homelessness , Tuesday & Wednesday 9am-1pm, gold coin donation
- **Financial Counselling** - free service provided by financial counsellor on budgets, debts, advocates on your behalf with financial institutions and bankruptcy. (Tuesdays on fortnightly basis - by appointment only)
- **Community Garden** - operates Monday, Wednesday and Friday 9.30am-1.30pm. We can show you how to grow your own produce in an environmentally friendly way in any type of garden or come or to be a volunteer.
- **Tax Help** - provides free tax help from trained tax office volunteers to those needing assistance completing tax returns. (July to October) By appointment only.
- **School Holidays Youth, Children & Family Programs** – including school holiday activities. Check out our Wauchope Neighbourhood Centre Facebook page
- **Hastings Valley Toy Library** - 2nd Saturday of the month (except January) 9:30am-11am ph 0490 854 162
- **WDO** - Wauchope Neighbourhood Centre is an approved Work Development Order Organisation

Legal Advice Services - Free legal advice in Port Macquarie

- **Legal Aid NSW** - Phone: 5525 1600
- **Community Legal Centre** - Phone: 6580 2111
- **Rural Outreach** - Comboyne Community Centre 1st Wednesday of each month


















Transport Services

- **Getting There** - Enables the youth of Wauchope to travel into Port Macquarie with free bus tickets to go to the beach, movies, shopping etc. Also assists mothers with children to attend medical appointments and school holiday outings.
- **L2P** and **MR** Programs are conducted at Port Macquarie Neighbourhood Centre Office ph 6583 8044

Outreach Service - provide office space for:

- **Domestic & Family Violence Specialists** - Support, information, referral & advocacy is available to women and their children who are dealing with domestic violence and related issues. You can access

How to find help In Wauchope

6586 4055		3 Waugh St Wauchope, Open Monday to Wednesday, 8:30am to 3:30pm
St Vincent De Paul		40 Cameron St, Wauchope
6585 1963		Op Shop - Mon to Fri 9am-4pm, Sat 9am-12noon
		Welfare - Tuesday & Thursday (by appointment only) Must have Centrelink income statement
Salvation Army		7 Mackay St Wauchope
6586 4296		Op Shop – Mon to Fri 8.30am-2pm
		Welfare - Tuesdays 10am to 12noon. Must make appointment. Call the hotline, Mon to Fri 9am-5pm on 1300 371 288
Life line		41 Cameron St Wauchope
6585 2221		Op Shop - Mon to Fri 9am-4pm, Sat 9am-2pm
		<u>Crisis Counselling</u> 131114 (24 Hours)
St. Mathew's Anglican		53 Cameron St, Wauchope
Church		Op Shop - Oxley Lane Wauchope, Mon to Fri 9am-4pm, Sat 9am-12noon
6585 2019		Community Lunch - Tuesdays 12noon
Uniting Church		43 Hastings St, Wauchope
0488 525 600		Community Lunch - Fridays 12noon
The Presbyterian Church		30 Bain St, Wauchope
0427 813 496		Care Packages (Food vouchers) can be made available by appointment only. For appointments call 0427 813 496.
Wauchope		Wauchope Country Club – 24 King St, Wauchope
Community@3		Community BBQ
		Showers, Food & Company
		Laundry facilities
Meals on Wheels		6/33 High St Wauchope
6585 2386		
Community Health		High St, Wauchope (within Wauchope Hospital grounds)
6580 8060		Services include – Children's Dental, Children & Family Health check-ups, Women's Health, Podiatry.
Housing		
Link2Home Homelessness		Family & Community Services - Link2Home
Call 24/7 - 1800 152 152		1800 152 152. A state wide telephone service providing information, assessment and referral to specialist homelessness services, temporary accommodation and other appropriate services for people who are homeless or at risk of homelessness.
Housing Services in the Hastings 		
Mission Aust. Housing - 02 6539 2015, Community Housing - 1300 245 468, New Horizons - 1800 188 890		