



Wauchope High School Newsletter

Term 1 Week 4 Friday 21st Feb 2020

CHAD'S SHAVE



Leukaemia Foundation

**WORLD'S
GREATEST
SHAVE**

STORY & PHOTOS PAGE 2

P&C MEETING DATES

~SEE PAGE 8~



Key Dates Term 1

Tuesday 25th February	School photo catch up day
Tuesday 25th February	Immunisations
Week 7, 11th-13th March	Yr 11 HSIE Sydney camp
Tuesday 17th March	P&C Annual General Meeting 6pm Wauchope RSL
Monday 23rd March	Parent Teacher Evening

OLYMPICS UNLEASHED



STORY & PHOTOS ON PAGE 3

SCIENCE DRY ICE DAY



PHOTOS ON PAGE 5

CHAD'S SHAVE

"I'm taking part in the World's Greatest Shave for the Leukaemia Foundation! I'm on a mission to shave the world from blood cancer."

In 2007 I was diagnosed with an illness known as Fanconi Anaemia. It is a very rare condition that affects bone marrow and the production of all blood cells. Fanconi Anaemia is life threatening and must be treated through Bone Marrow Transplant. On the 18th October, 2011 I received a Stem Cell Bone Marrow Trans-

plant with my donor being my little brother, I was 9 years old at the time.

"My shave will be on the 6th of April but I won't be doing it alone... my little brother Flynn has stepped up to also shave his hair."

I have seen first hand the struggles and hardships that are gone through with families and individuals who are impacted by this terrible illness, but together, we can make a change and maybe some day, cure this dramatic illness.

Please sponsor me to give families facing blood cancer the emotional and practical support they need. You'll also fund vital research to help more people survive blood cancers, while improving their quality of life."



"My shave is on the **6th April** and will be held at **Wauchope High**

School, the occasion is **open to the Public** so everyone come along!

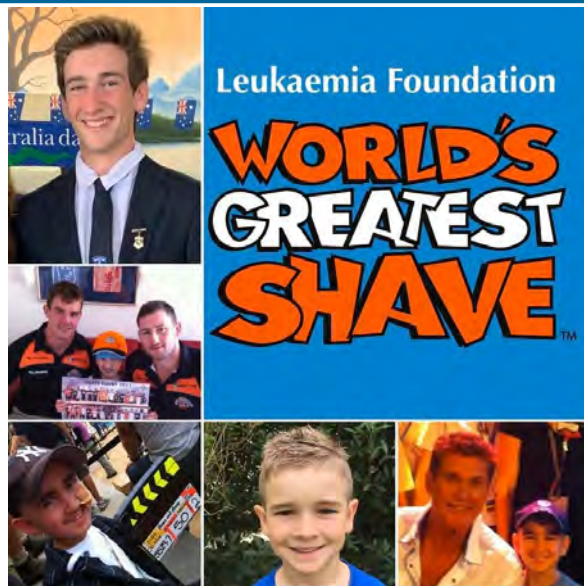
Flynn and I will be shaving our hair in front of the school students and attending audience on the day as well as sharing our story and having a good time.

Make sure to come along and bring friends and family with you!"

"Thank you to everyone who has donated. If you are yet to donate please consider as you will be massively improving the lives of those who are in a time of need! Remember, every cent counts."

To donate to this worthy cause, follow the link below:

<https://secure.leukaemiafoundation.org.au/registant/FundraisingPage.aspx?RegistrationID=775193>



"Every day another 35 Australians are diagnosed with a blood cancer. That's one Aussie every 41 minutes. Although research is improving survival, sadly an Australian loses their life to blood cancer every two hours."

OLYMPICS UNLEASHED AT WHS



Olympics Unleashed takes athletes into Australian classrooms to inspire and motivate students to be their personal best, whether that's in the classroom, the playground, the sporting field or at home.

The Olympics Unleashed program aims at improving students' ability to set goals, overcome challenges and build self-esteem.

This week Wauchope High School hosted Winter Olympian Rohan Chapman-Davies, who inspired and motivated our students with anecdotes about his Olympics adventures.

"This isn't just about inspiring students to become Olympians, it translates to students wanting to be future scientists, engineers, nurses or teachers."



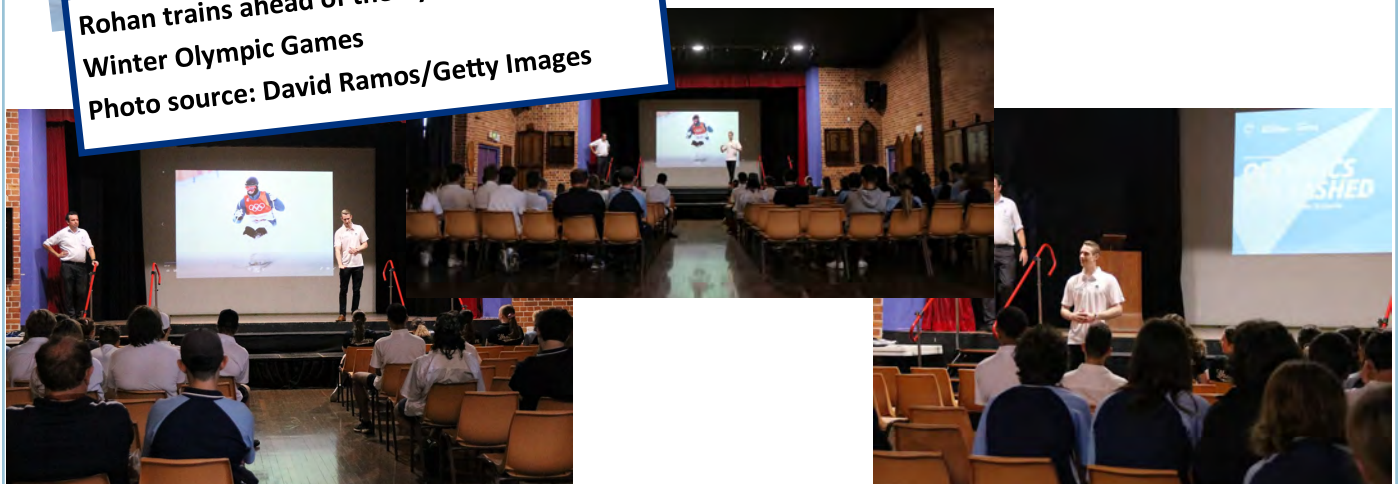
Australian Olympian Rohan Chapman-Davies inspired our students as part of the Olympics Unleashed initiative



Rohan trains ahead of the Pyeong Chang 2018 Winter Olympic Games
Photo source: David Ramos/Getty Images

Mr Chapman-Davies showed on the big screen his event at the Winter Olympics, (moguls), and other competitions. Our students were engaged and asked insightful questions. We thank Mr Chapman-Davies for his time and effort.

Mark O'Brien, Relieving Careers Adviser



UNIVERSITY ROADSHOW VISIT TO WAUCHOPE HIGH

The annual University Roadshow visited Wauchope High School on Wednesday, February 12.

The University Roadshow is a collaboration between Charles Sturt University, Southern Cross University, the University of New England and Newcastle University.

It provided our year 10, 11 and 12 students with information on life as a university student, what they can do to prepare, and outline what paths they can take in order to pursue their dream career.

Ms Bernadette Gammon, a prospective student adviser with Charles Sturt University (CSU) said "The University Roadshow has visited schools in regional and rural NSW for over 18 years."

"Many of the students we speak with are still undecided about where and what they would like to study, which is completely OK. We are there to help out in any way we can."

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

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

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

It was fantastic to see over 75 of our students take part in this educational opportunity.

Mark O'Brien (Relieving Careers Adviser)



SWIMMING CARNIVAL AGE CHAMPIONS

Congratulations!

12 years	Abigail
13 years	Nash and Alivia
14 years	Ben and Kelly
15 years	Harry and Zaliah
16 years	Ben and Sophie
17+ years	Cameron and Ellie



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BOO
BUBBLES





THE 2020 CATTLE TEAM

Benjamin, William, Emily,
Kodie, Amy, Logan, Steven,
Luke, Gretchen, Zackeriah,
Jazmyn, Kristena, Isabell

Welcome to the many new
members.

NORTH COAST VOLLEYBALL 2020

Wauchope High School had 5 boys and 4 girls in the Lower North Coast Volleyball teams that attended the North Coast Selection Trials in Ballina on Friday 14th February. The Lower North Girls team dominated the competition winning all of their games.



3 Girls were selected in the North Coast team to attend the CHS championships in Armidale 24th – 26th March 2020. These girls were Emily, Charli and Ella . We wish these girls every success at this level. 5 boys were also selected in the North Coast team that will contest the CHS Championships in Thornleigh 11th – 13th March 2020. These boys were Cameron, Ben, Kade, Hayden and Wayde.

We wish these students all the best.

IMMUNISATION DATES & INFORMATION



Term 1 – Tuesday 25 February 2020

- Year 7 HPV dose 1 of a 2 dose course
- Year 7 Boostrix – 1 dose only
- Year 8 HPV dose 2 - catch ups (for students that started their course of HPV in year 7 – 2019)

Term 2 – Tuesday 5 May 2020

- Year 10 only Nimenrix (meningococcal ACWY)
- Year 7 catch ups for HPV dose 1 & Boostrix (for students who missed the clinic in term 1)
- Year 8 HPV dose 2 - catch ups (for students that started their course of HPV in year 7 – 2019)

Term 3 - Tuesday 8 September 2020

- Year 7 HPV dose 2
- Year 7 HPV dose 1 & Boostrix - catch ups (for students who missed the clinic in term 1 & 2)
- Year 8 HPV dose 2 - catch ups (for students that started their course of HPV in year 7 – 2019)
- Year 10 Nimenrix - catch ups (for students who missed the clinic in term 2)



WAUCHOPE HIGH SCHOOL P&C MEETING DATES

Venue: Wauchope RSL Rosewood Room

Time: 6 pm

Tues 17th March (AGM)	Tues 15th September
Tues 19th May	Tues 20th October
Tues 16th June	Tues 17th November
Tues 18th August	Tues 15th December

The P&C are encouraging new and regular attendees to come along to the **Annual General Meeting on Tuesday 17th March.**

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The P&C are also looking for **volunteers for the Treasurer/Bookkeeper role.**

HOMEWORK CENTRE

When:

Every Monday, 2.48pm-4pm (starting March 2nd).

Where:

D14 (Next to the print room).

Why:

Come along to get help from teachers, or use our computers for homework or assignments.

Everyone is welcome. Afternoon tea will be provided.

Puberty, Sexuality and Relationships:

A workshop for parents and carers of people with intellectual disability and autism spectrum disorders

Find out how to support your family member's personal development and sexuality in a positive way!



Come join the team at Family Planning NSW for an interactive workshop that will cover issues across the lifespan including:

- Disability and sexuality
- Preparing for puberty
- Decision making and safety
- Taking care of health and hygiene
- Supporting friendship and relationship development
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions

Parents, foster parents, relatives and other unpaid carers of people with intellectual disability and autism spectrum disorders of all ages are welcome.

Unfortunately we are unable to accept registrations from professionals for this event.

This forum is not suitable for children. We regret we are unable to provide respite/childcare.

Date:

Thursday 27 February 2020

Time:

Morning workshop: 10am – 12pm

Evening workshop: 6pm – 8pm

Venue:

The Westport Club

25 Buller Street

Port Macquarie NSW 2444

Cost:

Free. Proudly supported by:

**NEWCASTLE PERMANENT
CHARITABLE
FOUNDATION**

For more information:

Erin Donnelly

Family Planning NSW

P: 02 8752 4312

E: erind@fpnsw.org.au

[Click here to register online](#)



The Port Macquarie Pirates Rugby Union Club are inviting interested players in the Under 14s Age group to contact the team manager and become involved in the Upper Mid North Coast Rugby Union Competition.

The team trains on Tuesday and Thursday at Stuart's Park Port Macquarie from 5.30pm and play on Saturday mornings against teams from Port Macquarie to Coffs Harbour.

Interested players and families should contact,

Shane Ryan (Under 14s Team Manager) on 0402883873 or speak to club representatives at the training venue.

More information about the club can be found on their Facebook page.



PLAY AFL



REGISTER FOR 2020 PORT MACQUARIE JUNIOR AFL

► JUNIOR COMPETITION

SUNDAY MORNINGS, SEASON KICKS OFF 5 APRIL 2020

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

Registration Cost: \$140 (If you elect to use the "Active Kids Rebate Voucher" the registration cost will be \$40) - you apply online via the Service NSW website for the voucher.

Socks, shorts and a training shirt are all free as part of your rego

► AUSKICK

FRIDAY AFTERNOONS 5-6PM, WAYNE RICHARDS PARK

Age Groups: Under 7 & Under 9

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

► HOW TO REGISTER

Players registered in 2019: you will be emailed a direct re-registration link, just update your details or you can log onto the club website now to register.

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

► CONTACT

E: pmjafl@gmail.com PMJAFL
www.pmjuniorafl.sportingpulse.net



THE
MID PACIFIC

Port Macquarie

Warren Plowright
Port Macquarie



SUNDIAL DENTAL

2020 SEASON IS HERE SIGN UP TODAY!



EST 2005

**FOOTBALL
MID NORTH COAST**

REGISTRATION INFORMATION

Active Kids Voucher
Play Football Help
FMNC Club Registration Details
FMNC Club Contacts

www.footballmidnorthcoast.com/2020-registrations

SCHOOL SAFETY NOTICE TO DRIVERS



CHILDREN CROSSING

In the interest of CHILD SAFETY there is NO EXCUSE for disobeying traffic control signs and Road Rules in the vicinity of a school. Please read and understand the following traffic controls around your school zone.

NO STOPPING

Under no circumstances are you permitted to stop on a length of road to which a NO STOPPING sign applies.

(Penalty: \$344.00 + 2 demerit points) each time you disobey a NO STOPPING sign.



NO PARKING

You are permitted to stop in a NO PARKING zone only while you are engaged in dropping off or picking up passengers. You must not stop for more than two minutes. You must stay within three metres of your vehicle.

(Penalty: \$191.00 + 2 demerit points) each time you disobey a NO PARKING sign.

BUS ZONE

You are not permitted to stop in a BUS ZONE unless you are driving a bus.

(Penalty: \$344.00 + 2 demerit points) each time you stop in a BUS ZONE.



CHILDREN
CROSSING

CHILDREN'S CROSSING

You are not permitted to stop within 20 metres before the crossing and 10 meters after the crossing.

(Penalty: \$457.00 + 2 demerit points) each time you stop on/near a children's crossing.

DOUBLE PARKING

A driver must not stop on a road between the centre of the road and another vehicle that is parked at the side of the road.

(Penalty: \$344.00 + 2 demerit points) each time you double park.



THE COST OF TAKING YOUR CHILDREN TO SCHOOL DEPENDS ENTIRELY ON YOU