

Term 2 Week 6

6 June 2025

# WHS NEWS

*Knowledge conquers all*

**ON THE FRONT PAGE:**

*Reconciliation Assembly  
Page 5*

**WHAT'S ON?**

**PUBLIC HOLIDAY**

Mon 9 June

**SCHOOLS OUT RADIO SHOW**

Wed 11 June

**SRC FUNDRAISER**

Thurs 12 June



# SPECIAL MENTIONS



School Choir on every  
Thursday at lunch in the hall!!

Meet Cassie and see what  
your voice can do 🎤



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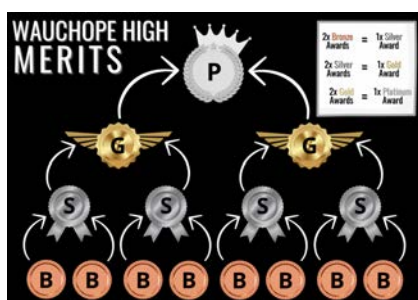
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Gotcha winners

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@wauchopehighschool



Students receive merits by consistent  
demonstration of the School's Core  
Values (Best Effort, Care and, Respect  
and Safety)

Receiving these awards gives you a  
chance to get an invite to our annual  
Reward Day!!



# IN THE SCHOOL KITCHEN



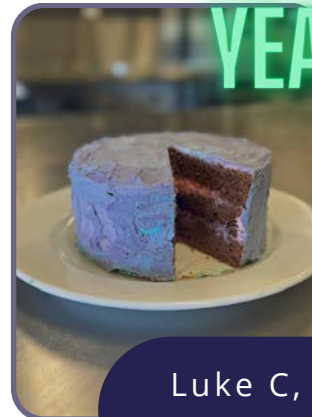
YEAR 7



YEAR 11



YEAR 10



YEAR 10



Luke C, Arthur T T,  
Miy K & Bella W



YEAR 9



YEAR 12



*Yeah The Girls*





# WELCOME BACK BBQ



♥ What a Day! 🌮

Tuesday 27<sup>th</sup> May - FREE sausage sizzle was a huge success — and just what we needed to come back together as a school community after such a challenging time with the weather. Great to see the sun shining again ☀️



A big shout-out to our staff for making it happen, and to our students for bringing the positive vibes and big smiles. It was so good to see everyone reconnect, share a meal, and settle back into the rhythm of school life.

We're stronger together — and it's great to be back.

#WauchopeHigh #WelcomeBack

#CommunityStrong #WeveGotYouCovered





# RECONCILIATION ASSEMBLY



## 🌈 Reflecting on Reconciliation Week at Wauchope High School 🌈

On Monday, 2nd June 2025, Wauchope High School came together to celebrate National Reconciliation Week under the theme "Bridging Now to Next". The afternoon was filled with meaningful activities, vibrant displays, and a shared commitment to unity and understanding.

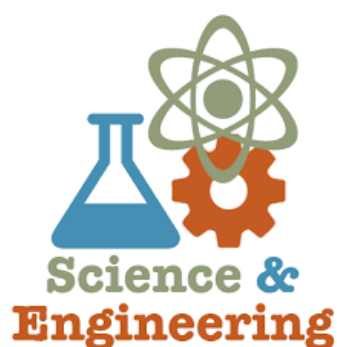
Event Highlights:

- 🗣️ **Reconciliation Assembly:** Students and staff gathered to reflect on our shared histories and the importance of truth-telling in our journey towards reconciliation.
- 🎨 **Creative Expressions:** Participants showcased their talents through art and poetry, capturing the spirit of reconciliation and hope for the future.
- 🏆 **Awards:** Outstanding contributions were recognised, celebrating the creativity and dedication of our school community.
- 🍰 **Afternoon Tea:** Attendees enjoyed delightful refreshments, including Lemon Myrtle Cheesecake and Sausage Rolls, fostering a sense of community and togetherness.



The event was a testament to Wauchope High School's dedication to fostering an environment of respect, inclusivity, and continuous learning. We extend our heartfelt thanks to everyone who participated and contributed to making this celebration a memorable one.

# SCIENCE & ENGINEERING



Our school attended the Science and Engineering Challenge in Kempsey. The University of Newcastle hosts the event and students from years 9 and 10 put their building and problem solving skills to the test. The challenge has numerous events designed to test students teamwork and creativity. Our year 9 and 10 students competed very well, placing 4<sup>th</sup> overall in a very close competition across the board.



## VOLLEYBALL



Wauchope High School played their regional semi-final against Orara High School from Coffs Harbour. The winner of the game qualifies for the CHS State Knockout Finals in Sydney. This event is the collection of the best 20 Volleyball schools in the state. Our girls managed to beat Orara in a very close 5 set match, locking in a spot in the State's top 20 and a trip to Sydney in July. This is an incredible achievement and is not possible without the students hard work and consistent dedication to improving their skills.



# OPEN GIRLS FOOTBALL KO

In week 2 this term, the Wauchope High School Girls' Football Team travelled to Camden Haven High School to play in the first 2 rounds of the Knockout Competition. We did not play Camden Haven HS, so why did we go there? Well, it was the only ground in the area that was open and playable due to the constant wet weather. We played Hastings Secondary College (Port High) who were too good for us on the day since we had very limited practice. We did get to play a second game against Melville HS. We changed the team around quite a bit to have some fun. We ended up having a 4-4 result which was very promising for the future. All the girls played well and represented WHS with their best attitude and approach.

Well done Girls.  
Bring on Cumberland.





# REPRESENTATIVE FOOTBALL



Two of our very talented girls have represented at the highest level in different football codes over the last two weeks.

Tahniesha and Josie co-captained the North Coast Open Girls Touch team at the CHS Selection trials, which were held at Rooty Hill, Sydney earlier this week. Both girls played well in their respective positions, giving themselves a good chance for selection in the CHS team, but the tough competition over the two days meant that they were unsuccessful on this occasion.

Josie was also a valuable member of the Northern NSW Open Girls Rugby League team which competed at the CHS trials at Wollongong in the previous week. She came off the bench in a utility role, mainly playing Hooker during the three days of competition. Northern were competitive in each of their games, with two girls being selected in the CHS team. Josie is the first Wauchope High girl to reach this level since the inception of these trials three years ago.

*Well done!*





# LNC DANCE FESTIVAL 2025



**GLASSHOUSE PORT MACQUARIE**

Tickets are on sale for the Lower North Coast Dance Festival at the Glasshouse in Port Macquarie 🐾🐾

Our students from Wauchope High School will be performing on Thursday 19th June, Show 1.

Use the link below to purchase tickets



<https://www.glasshouse.org.au/Whats-on/LNC-Dance-Festival-Ticketing-Page-2025>

## SRC FUNDRAISER



**Do it for Dolly Day & Biggest Morning Tea Fundraiser**



**Thursday 12 June** is our new date for our amazing SRC fundraiser.

We will be having a bake sale, MUFTI day, wearing **blue** and/or jeans, boots & akubra, and our 100 club - each number is \$2 with two lucky winners receiving \$50 each!!  
*More details on our socials early next week!!*





# NAIDOC SPORT CALL OUT



**CALL OUT –**  
**NAIDOC SPORT CHALLENGE**

Tuesday 8<sup>th</sup> July: 10am-2pm

Hosted by **HASTINGS NAIDOC COMMITTEE** in  
collaboration with **BASKETBALL NSW** at the **PCYC – 12**  
**Owen street Port Macquarie**

**3 on 3 Basketball & 6 aside Futsal**

4 players per team  
(3 on court + 1 sub)  
2 teams combined for futsal  
(6 on court + 2 subs)

**AGE GROUPS**

**10-12 years**

**13-15 years**

**15 years – Adults**

**REGISTER NOW!**

**\*Scan QR Code**

**\*Hastings NAIDOC Facebook**






## Reconciliation

(noun)

the act of causing two people or groups to become friendly again after an argument or disagreement.

## WORD WIZARD

### QUOTE CORNER

QUOTE

“If you get tired,  
learn to rest, not to  
quit.”

— Banksy

“

## GOTCHA!

Congratulations to the term 2 week 4,5 & 6 winners of the  
\$5 Gotcha canteen vouchers:

<b>Jecinta C - Year 7</b>	<b>Aaliyah W - Year 7</b>
<b>Riley K - Year 8</b>	<b>Zoey H - Year 9</b>
<b>Shaylah C - Year 10</b>	<b>Harney C - Year 9</b>
<b>Jayden M - Year 7</b>	<b>Sienna P - Year 7</b>
<b>Shyloh K - Year 7</b>	

Gotchas are awarded for doing the right thing and  
respecting our school values.



NSW Department of Education

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day

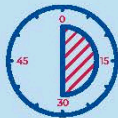


=

**3** days

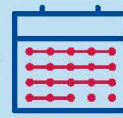


**30** mins  
per day



=

**18** days



**Patterns of lateness  
can have a serious  
impact on your child's  
education.**

education.nsw.gov.au

### STUDENT ABSENCES

Parents/carers, please ensure to explain any absences your child may have from school. It is as easy as a simple text message response with a reason, or if you prefer; call, email or a handwritten note!

The Department of Education requires an explained absence within 7 days.



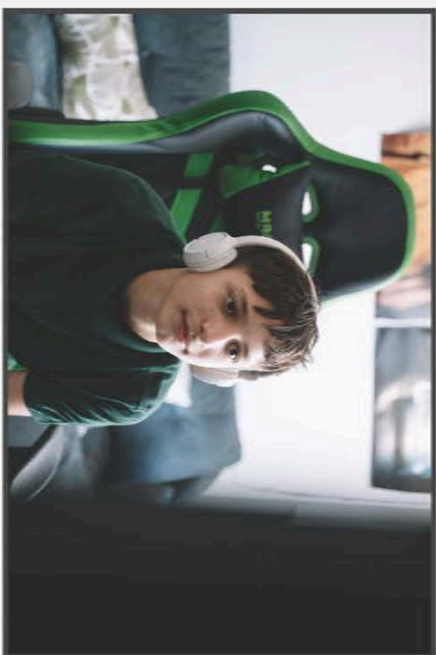


## UNDERSTANDING

# SCREEN ADDICTION

## EDUCATION SESSION WITH Q&A

FOR PARENTS, CARERS & THOSE WHO WORK WITH YOUTH TO LEARN ABOUT GAMING, SCREEN ADDICTION, THE IMPACT ON BRAIN DEVELOPMENT & STRATEGIES FOR SUPPORT



### FREE COMMUNITY EVENT

**THU JULY 3**

**6:00PM - 8:00PM**

CHARLES STURT UNIVERSITY  
PORT MACQUARIE

MORE INFO  
& TICKETS  
HERE



FACILITATED BY DR WAYNE WARBURTON,  
A PROFESSOR IN DEVELOPMENTAL PSYCHOLOGY  
AT MACQUARIE UNIVERSITY, AS  
SEEN ON ABC'S AUSTRALIAN STORY



E: [headspaceCE@each.com.au](mailto:headspaceCE@each.com.au)

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



# Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355 [saverplus.org.au](http://saverplus.org.au)



NSW TSF BTS 25



# Calling all Artists!



## Are you a deadly First Nations Artist?

Be part of the celebration for Hastings NAIDOC Week 2025 event as we come together to honour Culture, Country, and Community.

We're inviting expressions of interest from Aboriginal and Torres Strait Islander musicians, singers, bands, performers and poets to take the stage at our NAIDOC Week Community Event on Thursday 10 July at Westport Park, Port Macquarie.

To express your interest, please send an email to Tamika Edwards at [tedwards@uniting.org](mailto:tedwards@uniting.org), including your contact information, by mid-June.



**THE NEXT GENERATION:  
STRENGTH, VISION & LEGACY**  
6-13 JULY 2025



**THE NEXT GENERATION:  
STRENGTH, VISION & LEGACY**  
6-13 JULY 2025

**Let's bring community and culture  
together to celebrate NAIDOC week  
2025. Join us 10am – 2pm July 10<sup>th</sup> for  
a family fun day at Westport Park.**

We are celebrating 50 deadly years of NAIDOC, honouring a legacy that reaches far into the past and extends into the future. This milestone is a testament to the enduring strength of Aboriginal and Torres Strait Islander peoples.

Hasting NAIDOC Committee would like to thank our sponsor for making this celebration possible.

Galamblila, Mission Australia, Department of Communities and Justice, St Agnes Parish, Nedmi, Werin, Aboriginal Community Housing, Eire Construction, ETC, NAA, Port Macquarie Hasting Council and more



**For further information keep an eye on our socials**



# a message for parents and carers

## Mid North coast NSW



**As parents and carers, it is important to remember that disruption to school, activities, and routine can affect your child and young person's mood and wellbeing, as well as their ability to function at full capacity.**

This also applies to us as parents or carers. Perhaps things that normally wouldn't bother you are now making you upset, angry, anxious, sad or frustrated.

These are common experiences at times like this and it's important that we remember other people might be feeling the same way.

### Notice, Inquire and Provide

It is not unusual for you, your child or your young person to feel flat or a little less motivated. It is helpful to remember to **Notice** or pay attention to any changes in how we and/or our children and young people are.

You might **Notice** signs of reduced tolerance, fatigue, low mood, decreased motivation, changes to sleep, concentration or appetite.

It is important to check-in with yourself and your child and young person and to remember that changes to how you feel is usually a typical response to an unusual situation. Remember that what works for each of us is different.

**Inquire** and open a conversation with your child - ask about anything you've noticed or just how they are feeling.

Listen to their experience, try to make sure they feel heard and understood. Ask them how they are looking after themselves.

You might **Provide** support or gentle encouragement to reconnect with things that help them stay balanced and grounded. That might include reconnecting with people, exercising, resting, or taking time for things that are important.

Most importantly, remember that how you notice and look after yourself can be one of the most important ways you support your young person.

### How to cope with the stress of natural disasters

It's common to need support after being in or witnessing flooding. There are specific things that are likely to be helpful for parents to know in the days and weeks following a natural disaster.

#### Tips for the initial days and weeks following a natural disaster:

During this time, it is important to encourage children and young people to do the things that make them feel physically and emotionally safe.

- Connecting with friends
- Engaging in activities that can distract or are enjoyable.
- Taking breaks from talking or thinking about the disaster constantly.
- It's more important than usual to focus on eating and sleeping well.
- Staying active.
- Re-establish routines where possible.
- If needed, allow yourself dedicated time to have conversations about your worries with trusted people.

#### Tips for the shorter and longer term following a natural disaster:

- Acknowledge that it has been a tough time.
- It's OK to remind yourself that the events were out of your control.
- Be patient with yourself. It can take time to make sense of what happened. It's OK to need someone to remind you that you're safe.
- Small routines, activities or goals are important. Building momentum with small wins is more manageable than only focusing on the large tasks. This could be daily activities, like attending school, work, sports or catching up with friends. It could be planning your day and trying to stick to that.

### Things your child and young person might experience after a natural disaster

People can respond in very different ways, which can also change over time. Some people might feel OK immediately after the disaster but become overwhelmed later.

After a natural disaster children, young people, and adults can sometimes experience:

- Procrastinating or neglecting responsibilities
- Risky behaviours – self harm
- Physical signs that sometimes occur with extended periods of anxiety such as aches and pains, stomach and bowel discomfort, dizziness and increased heart rate
- More frequent infections or sickness
- General moodiness, depressed feelings and irritability
- Difficulty relaxing
- Feeling overwhelmed with life
- Feeling lonely
- Difficulty concentrating and making decisions
- Feeling confused or 'foggy' with thinking
- Negative outlook on life
- Anxiety, worrying or racing thoughts
- Eating more or less
- Sleeping too much or too little
- Isolating themselves

### Being aware of your child and young person's stress responses

Depending on your young person's experience, they may find that reminders of the event can trigger a spike in discomfort and anxiety.

Be aware of the triggers that remind them of how they felt during or after the disaster. This could include sounds, smells or images.

### Seek support if you are worried about your child and young person

Parents and carers know their children and young people the best, so listen to your gut. Most people who experience traumatic events will recover and return to the routines and functioning they had.

Very strong emotions normally start to settle by about six weeks after the disaster. If you or your child and young person are having trouble with your emotions or usual daily activities, then consider seeking professional support.



If you are looking for mental health advice or support for anyone in your family contact NSW Health Mental Health Line on 1800 011 511. You can also find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)








## Mental Health Services and Support

<b>Beyond Blue</b> 24/7 mental health support service <b>1 300 22 4636</b> <a href="http://beyondblue.org.au">beyondblue.org.au</a>	<b>headspace</b> Online support and counselling to young people aged 12 to 25 <b>1800 650 890</b> (9am-1pm daily) For webchat, visit: <a href="http://headspace.org.au/headspace">headspace.org.au/headspace</a>	<b>Kids Helpline</b> 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 <b>1800 55 1800</b> <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	<b>1800RESPECT</b> 24/7 support for people impacted by sexual assault, domestic violence and abuse <b>1800 737 732</b> <a href="http://1800respect.org.au">1800respect.org.au</a>
<b>Lifeline</b> 24/7 crisis support and suicide prevention services <b>13 11 14</b> <a href="http://lifeline.org.au">lifeline.org.au</a>	<b>Suicide Call Back</b> 24/7 crisis support and counselling service for people affected by suicide <b>1300 659 467</b> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	<b>Mensline</b> 24/7 counselling service for men <b>1300 78 99 78</b> <a href="http://mensline.org.au">mensline.org.au</a>	<b>QLife</b> LGBTI peer support and referral <b>1800 184 527</b> (open 10pm daily) <a href="http://qlife.org.au">qlife.org.au</a> (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

With delivery partners




Funded by





**Mental Health Line**  
**1800 011 511**




24/7 Mental Health Line  
 Offers professional help and advice and referrals to local mental health services



**13 92 76**  
 13Yarn is a 24/7 Aboriginal & Torres Strait Islander crisis support line