



# Wauchope Public School

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## Term 1 Week 9 Newsletter Thursday 23 March 2017

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### Monday 20 March - Friday 24 March

☀ Year 6 Canberra Excursion

### Tuesday 28 March

☀ Year 2 Dress Up Day

### Wednesday 29 March

☀ Stage 2 and 3 Public Speaking  
Finals

### Thursday 30 March

☀ Glasshouse Excursion  
Year 1 and 2

### Wednesday 5 April

☀ Stage 2 'Australia Changing  
Over Time' Performance

### Thursday 6 April

☀ Years 3-6 Cross Country

### Friday 7 April

☀ 50c Tuck Shop  
☀ Easter Hat Parade  
☀ Playground Reward Day  
☀ Last Day of Term 1

### Snapshots

Students K-6 will receive a one-page report on Friday 31 March. It will be addressed to the parent/caregiver. The Snapshot is designed to communicate to you, your child's level of effort and attitude in Literacy, Numeracy and with important social skills.

### Canberra



From all reports our Year 6 students are having a great time in Canberra. They have been well behaved and have received several very positive comments from people at various places of interest in Canberra.

Please follow this [link](#) to see a video of our students with Dr David Gillespie.

### Public Speaking Finals

I'm looking forward to attending these finals. We have some very talented children.

### Glasshouse Excursion

Many Year 1 and 2 children are off to see Diary of a Wombat at the Glasshouse next Thursday. Thank you Mrs Buzcko for coordinating this. I might try to sneak onto the bus.

### Emergency Contact Details

It is essential that emergency contact details are up to date to ensure parents can be contacted promptly if their child is sick or injured. Every student has been given a letter with the current details we have for your child. Please return these updated details so we can make the required adjustments.

Updated medical information is also important for the care of your child. Students who have specific allergies, medical conditions or other health problems are required to alert the school and provide documentation for any special care or procedure that may be required. Where a child needs medication at school parents should deliver the medication to the office, in its original packaging and clearly labelled with child's name and directions for administration.



## Year 2 Prince/Princess Day

Nest Tuesday Year 2 will have a fun day of Princes, Princesses and a few Dragons. Have fun boys and girls.

## Sport

Good luck to our netball teams who will compete in the All Schools North Coast Cup next Tuesday.

Good luck to the boys trialling for the Lower North Coast rugby league team next Thursday.

## School Photos

School Photo envelopes have gone home this Wednesday 22 March. The School Photo days are in Term 2 Week 2.

## Jump Rope for Heart

The children had a great day of skipping last Friday. Please try to collect and send in all sponsorship money as soon as possible.

## Annual School Report

The 2016 Annual School Report has been submitted and has been uploaded on our website for your perusal. Thank you to the members of the school evaluation committee for their time and efforts with this document.

## High School Visits

Students in classes 4PH, 4JS, 3/4LR and 3/4AD will visit Wauchope High School Agriculture plot next week for some short Science lessons. Sounds like great fun!

## Resilience

*In such a fast moving, busy society where we demand information straight away and do not want to wait for anything why is it so important, more than ever before, to teach children to be resilient?*

So many children in schools have an undeveloped sense of resiliency. It is at an epidemic level compared to the past decades. Why are so many children of this generation unable to display inner strength to deal with everyday challenges that arise and have under developed coping skills? Research tells us, that it is due to the lack of opportunities that children are given to practice this skill when they are young.

As parents and educators we want our children to be happy, successful and have a strong sense of personal worth. We want them to aim high and reach their potential. Unfortunately, this can be confused with giving our children everything and doing everything we can to protect our children from undesirable feelings of despair and stress.

We need to give our children many opportunities to practice coping skills when they are aged 2 – 12 years old in order to set them up for a solid emotional foundation for the older years. We need to expose them to challenges that allow them to practice these developing skills. Below is a list of 15 challenges that we can use to help our own children or children in our class develop their own resiliency.



**1. Do not aim to accommodate their every need straight away**

Sometimes in life our needs can't be met straight away.

There are times that we need to wait for food to be prepared or wait for transport to take us somewhere. Children need to learn how to wait for things even if they believe they are dying of starvation.



**2. Children need to serve others**

Sometimes it feels

like everyone has a "every man for himself" mentality. Children need to learn that there are many people in this world and the world does not revolve around them. (wise words from my mother) It is very hard when children tend to be the centre of everything in their family. They are the most special gifts for parents, grandparents, aunts and uncles. Encourage children to let others have a turn first or give other people food first before themselves.



**3. Waiting without entertainment**

Think about when you were a child.

If you went to a restaurant and had to wait for food after your parents had ordered it, how did you cope without an entertainment device? (ipod, ipad, DS). Or when you were driven by your parents for 20 minutes in the car, how did you survive



## Premier's Reading Challenge Now Open

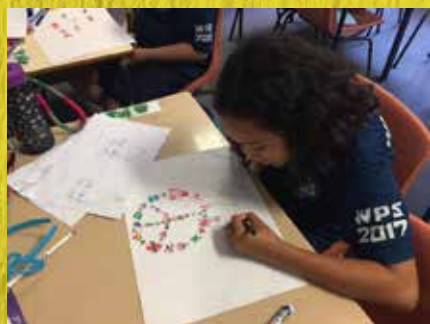
All students at Wauchope Public School have been invited to take part in the 2017 Premier's Reading Challenge. Information went home to parents and caregivers this week. Please visit the PRC website [www.miersreadingchallenge.nsw.edu.au](http://www.miersreadingchallenge.nsw.edu.au) to get started. The Premier's Reading Challenge aims to foster a love of reading for leisure and pleasure, and is open till the 25th August. Good luck and happy reading.

## Head Lice



The school has been notified that there are a few cases of head lice. Please check your children's hair especially around the ears, at the back of the neck and under fringes.

## Art Group Fun



not watching a movie in that time? We all survived and are well adjusted adults. Some of us anyway :). Children can only learn to wait if they are given opportunity to wait.



### 4. Do not eliminate all risks

Eliminating every possible risk that may pose a danger to your child will do more harm than good. Children need to assess the risk, problem solve and accept responsibility for their actions. If you take all the risks away they will not get the opportunity to practise these skills.



### 5. Children need to give

It is important that children understand that material possessions are not essential to happiness. This sentiment contradicts what advertisements are trying to convey to our children. Encourage your children to regularly give some of their clothes and toys to the less fortunate.



### 6. Problem solving skills

When children come to you with a problem it is important that you help them work out the solution instead of just telling them what to do. Children need to have many opportunities to go through the problem solving process in order to understand how to solve problems successfully. Pose lots of questions to your child to guide them through this process.



### 7. Do not rescue your child straight away

This is an area that most parents find difficult to do. Let your child get frustrated when they can't do something, so you are able to talk about how they are feeling and what they can do about it. They need to experience these emotions in order to learn how to deal with them.



### 8. Children need to help younger children

Children need to be given many opportunities to help younger children. They could help with doing up shoelaces, reading a picture book to them and helping the younger child solve their own problems. This will help children develop their leadership skills and realise that all people are different and require different things.



### 9. Do not provide all the answers

We need children to be able to discover answers for themselves. Children need to learn how they can answer their own questions through research and collaboration with others. Sometimes parents need to say to their child "I don't know. Maybe you could find out and come and tell me what you found" to encourage their child to work it out for themselves.





### 10. No interruptions when adults are speaking

Children need to learn when it is okay to talk and when they need to wait before talking. So many children are allowed to interrupt conversations that they learn quickly, if they are loud, they will get the desired attention straight away. You can work out a simple way between you and your child, so you know that they need to ask you something while you are talking. When you have finished the sentence, you then can turn to them and encourage them to say "Excuse me" before asking you something.



### 11. Do not give in

If you have set an expectation, ensure that you follow through with what you have said. Children need to learn that there are rules and consequences if you do not abide by them. Eg If you said that your child must turn off the television after the show that they are watching has ended, then make sure this happens.



### 12. Identifying emotions

Children need to learn to identify the emotions they are feeling. Read lots of books that deal with a variety of emotions and discuss how the characters handle these emotions.



### 13. Children need perspective

Children need to realise how fortunate they are compared to others. Give older children the opportunity to volunteer at a charitable organisation to gain a perspective about their own reality.



### 14. Allow your child to fail

Children need to experience failure to learn valuable skills. Children who are always successful have not developed their coping skills when a stressful situation arises. One simple way is to beat them at a game that they really want to win. Help them work through their feelings and encourage your child to have some positive self-talk sentences to get them through their disappointment. Eg It is only a game.



### 15. Model resiliency

Actions speak louder than words. Model the behaviour that you want your children to display in everyday situations. Have lots of conversations with your child about your own emotions and how you cope with stressful situations. Children who are resilient become very adaptable adults. They have a strong sense of worth and are able to learn from mistakes and look forward to the future.

**Cameron Osborne**



## Canteen Specials Week 10

### Monday



### Tuesday



### Wednesday



### Thursday



### Friday



## P & C NEWS

### P&C Positions Vacant

The P&C held the AGM meeting recently and the following positions are yet to be filled.

President

Treasurer

Secretary

3-6 Vice President

Please consider taking on one of these roles and responsibilities if time allows you to. Our school P&C has made very significant contributions to our school and this is only being made possible by the success of our fundraising and dedicated P&C. If you would like to take on one of these positions please contact Mr Osborne.

Our next monthly meeting will be held in the school staffroom May 11 at 7.00pm please come along and join the P&C and share your creative fundraising ideas.

### Easter Egg donations

We are seeking many more Easter egg donations for our Easter raffle. Each child that makes a donation of Easter goodies will receive a free ticket in the raffle. We hope to have at least 25 hampers up for grabs for the raffle. Please drop your donations to the school office at your earliest convenience so we can start making the hampers up for you to see what we have on offer.

### Easter Raffle Tickets

Easter Raffle tickets went home this next week; tickets are \$2 each. If you would like to sell extra tickets they are available from the front

office for your collection. Please send your money and tickets back to school in a sealed envelope clearly marked with your child's name, class and Easter Raffle on the front. Please send any unsold raffle tickets back to school.

### P&C Dates to Remember

Tuck shop day Friday 7 April.

Easter Raffle Friday 7 April.

Mother's Day stall Monday 8 May.

### 150 Year Celebrations

The P&C will be forming a sub-committee to plan and celebrate 150 years of Wauchope Public School in 2018. There are ideas of a magazine and a special celebratory dinner to highlight this significant event. If someone you know or yourself would like to be involved in the planning of our celebrations please contact president Kaela Croft on 0427250395 or kaelacroft@hotmail.com .

### General Contributions

Thank you to our families that have already brought back their general contribution fees. If you need further information on how these can be paid please call Kaela on 0427 250 395.

### Tuck Shop

The P&C will be running our 50c tuck shop on Friday 7 April in conjunction with the Easter raffle and Easter hat parade! If you are able to assist with serving and setting up of the tuck shop please contact Kaela on the number above. Further information regarding tuck shop will be sent home in a few weeks.

## Australian's Women Cricket



Current Australian Women's Cricket Vice-Captain ALEX BLACKWELL will hold a Meet and Greet with local junior cricketers at McDonalds Settlement City (Bay St) between 4 and 4.30pm on Friday, March 31 in the Community Room. Everyone is welcome.

Alex will be the Special Guest at the Hastings Senior Cricket Awards that night.

For more information please contact Nik James on P: 02 6580 8237 | F: 02 6585 3843 | M: 0429 998 836

**Junior BIKE SKILLS Clinic & Basic Bike Maintenance**  
**SUNDAY 9TH APRIL**  
 9 am till 12 noon  
**WANT TO IMPROVE YOUR CYCLING SKILLS**

**PMCC**  
 Port Macquarie Hockey Club

Invites you to attend a **FREE Juniors** bike skills clinic (Juniors to Age 15 years)

To be held at the  
 Charles Sturt University  
 7 Major Innes Rd  
 Lake Innes  
 In the Rear Carpark of the University  
 Sunday 9th April 2017 From 9 am till 12 midday

*Don't forget your bike*

Sessions on Basic Bike Maintenance will be held in conjunction with the Skills Clinic

Register on the Day  
 (Weather permitting)

**Sign Up Gala Day**

**W**

**Sunday 2nd April @ 9am -12**  
**@ Landrigan Park**

**BBQ JUMPING CASTLES GAMES**  
**FACE PAINTING & MORE**

WAUCHOPE HOCKEY CLUB IS PROUDLY SUPPORTING THE PAPINBURRA RELIEF FUND

**WWW.WAUCHOPEHOCKEYCLUB.ORG**

## Canteen Roster

### Week 10

Mon 27	Leanne Farrington
Tue 28	Hazel & Simone H
Wed 29	Rebeca Bull & Sandra Murphy
Thu 30	Help needed
Fri 31	Deb Hill, Lee-Ann & Leanne Farrington

### Week 11

Mon 3	Kym Hayes & Meg Hillard
Tue 4	Mum & Jan O'Neil
Wed 5	Misty & Bec
Thu 6	Aunty Jo, Sally & Leanne Farrington
Fri 7	Lee-Ann, Mum & Leanne Farrington

- Kaela Croft P&C President -  
**REMEMBER TOGETHER WE CAN MAKE A DIFFERENCE TO OUR SCHOOL.**

## WOOSH News

April Vacation Care, Term 2 Pupil Free day 2017 dates are as follows:

### April Vacation Care

*Monday 10 to Friday 21 April*

### Pupil Free Day

*Monday 24 April*

### Closed Easter Long Weekend

Friday 14 to Monday 17 April  
 These are on the board in the Woosh room now. Please come into the centre and place your child's name on the list with the required days clearly ticked or alternatively give Alex a ring at the centre. The closing date for registration is Thursday 24 March 2017.

As we have to undergo a priority procedure, please phone Miss Alex on 0412 852 441 at the centre for availability after Tuesday 29 March 2017.

## Community News

### Wauchope Soccer Club

2017 Season - We have some positions available in teams - Under 6's, Under 7's, Under 8's, Under 15's, Under 16's, Under 18 Girls, The Club has also registered a second Ladies team and are looking for ladies to join. Our Club offers flexible payment arrangements for membership if required. All players receive playing socks and shorts with their 2017 registration. Please register online at [www.myfootballclub.com.au](http://www.myfootballclub.com.au) For further information please Bec 0409 401 926.

### Bundaleer Family Day

Due to the current flooded state of the Bundaleer site and the looming bad weather we have had to cancel this weekends Family Day. We're really sorry for the inconvenience.

The day will be rescheduled (at this stage likely September/October but it's too early to confirm at this stage) but we will be in touch to discuss dates so we can check availability etc.

**FLU VACCINATION CLINIC**

**PROTECT YOURSELF AND YOUR CHILDREN NOW THIS FLU SEASON!**  
 Prevent sick days and the kids missing school

**Family and kids Flu Clinic**  
**Saturday 1st April 2017**  
 10.00am to 2pm

Our Clinics are run by a fully qualified immunisation nurse & are convenient, hassle free and no prescription is required  
 The cost is just \$14.95 per person

**Book now for an appointment**  
 Look after yourself better

**Chemmart**  
 BROADBENT