



# Wauchope Public School

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**Term 3 Week 5  
Newsletter  
Thursday  
23 August 2018**

## This Issue

Calendar P. 1  
Water Licence P. 2  
P&C News P. 3  
Community News P. 4



### Monday 27 August

☀ Father's Day Stall

### Wednesday 29 August

☀ Stage 3 Glasshouse  
Excursion

### Friday 31 August

☀ Lower North Coast Athletics  
Carnival - Blackbutt Oval

### Wednesday 5 September

☀ Healthy Harold last day  
☀ Schools Out Radio Show

### Wednesday 5 - Thursday 6 September

☀ Year 4 Taronga Zoo Excursion

### Tuesday 4 - Friday 7 September

☀ Lake Keepit Excursion - Year 5

### Friday 7 September

☀ K-2 Athletics Carnival

### Monday 10 September

☀ Year 3 Excursion -  
Port Macquarie

### Tuesday 11 September

☀ Kindergarten Glasshouse  
Excursion

### Thursday 13 September

☀ Book Fair  
☀ Book Parade  
☀ 50cent Tuck Shop  
☀ P&C Meeting

## Hastings/Camden Haven Athletics



Congratulations to every WPS competitor from last week's carnival. Our children competed with great speed, strength, sportsmanship and enthusiasm. Wauchope Public School came fourth out of 13 schools. An excellent result.

Next Friday, 31 August 18 of

our students will represent the Hastings/Camden Haven at the Lower North Coast carnival at Blackbutt Oval.

Well done and good luck to: Isabella W, Aylia L-L, Zoey S, Lilyelle A, Lilyan B, Holly B, Alivia A, Nakita S, Trinity D, Emily B, Summa S, Flynn D, Noah L, Zac L, Tyler J, Lachlan L, Will N and Jai J.

A huge congratulation to Jai J who won the Junior Para Athletic age champion. He will be presented with his award at the Term 3 Assembly of Excellence. The North Coast Athletics carnival will be on Friday 1 September in Coffs Harbour.

## Huge Thank You!

The WPS P&C in association with the Wauchope Lions Club ran the canteen and BBQ at the carnival. They did a brilliant job catering for approximately 500 competitors and another 500 spectators and officials. Thank you to the following lovely parents who donated their valuable time led by Ruth Thompson, Cindy Bell, Deb Hill, Amy Brown and Karen.

Thank you to the following sensational Lions Club members who worked very hard all day feeding the masses. Bruce Cant, Alex Stuart, Jim Calleja,



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**Wauchope Public School**

*Excellence, Opportunity and Success*

Page 1

## Water Licence



You may have seen the article in last week's Gazette or on the website. We are desperately seeking a 4mg water licence so we can irrigate our back playgrounds so our children have the best playing conditions possible. The plan is that when the demountables on the infant's playground are removed, we lay irrigation lines, re turf the playground for one last time and then add water.

Once we have access to bore water we plan to have a vegetable garden with seven raised beds on the back oval for our students to grow produce.

However, this is all just a dream unless we can source a water licence. If you know of someone who can help please let me know on 6585 2277.

## School Spectacular

There is a parent meeting in Miss Whiteoaks classroom on Thursday 23 August commencing at 5pm. Valuable information and organisational details will be discussed. Thank you in advance to Miss Whiteoak and Miss Hollis.

Bob Jones, Cliff Warburton, Wal Dylks, Grec Cavanach and the lovely Hazel Fraser. Thank you for donating your time and effort to support our school. It is very much appreciated.

## Healthy Harold – Drug Education

This excellent program started Tuesday. As of Wednesday only 446 students had paid the \$10 to attend. Spare notes may be collected at the front office. We would like to think that almost every WPS student will attend this important program.

## Wauchope PS Cook Off



On Tuesday, 16 lucky students had the opportunity to cook

four beautiful and healthy dishes. Thank you Mrs Falk for coordinating this through the Live Life Well program.

## Kindergarten Sound Parade

This activity has been postponed. A new date will be advertised in the future.

## Father's Day Stall

Our P&C are holding a Father's Day stall on Monday 27 August. It will be held in the school hall. Thank you in advance to any of our lovely Mums who may be able to assist on the day.

## Touch Football



Congratulations to Mr Sallustio who organised a boys and girls touch football Gala Day for several schools last week. It was a great day and was enjoyed by all. I know the other schools were very appreciative. The boys team had success against Beechwood but were defeated by Port Macquarie PS. The girls had a great day winning all their games with skill and talent. They defeated Beechwood PS, Hastings PS and Tacking Point PS.

**Mr Cameron Osborne**

## P&C News

### Volunteers Needed For Fathers Day Stall!



On Monday 27 August the P&C is running the Father's Day stall in the school hall. If you have some free time between 9am and 2pm for as little or as long as possible to help out in any way, it would be greatly appreciated. All volunteers welcome regardless of experience. Many hands make light work and your little bit of time will be greatly appreciated. Please email the P&C team at [wauchopepspandc@gmail.com](mailto:wauchopepspandc@gmail.com) to let us know your availability.

Thank you in advance!!

## Canteen News

### Supporting Our Farmers

The canteen donated \$1 from each lunch order placed last Friday to our farmers suffering from the drought. \$184 was raised from 184 lunch orders placed.

Slams are no longer available as they have been discontinued. We now have Junior Pies for \$3 each.

### Reminder

All children who are **Gluten Free** or have **Food Allergies** and order their lunch from the school canteen must use **Red Lunch Bags**. These bags can be picked up from the school canteen free of charge. Please state the allergy your child has and circle it on the bag. These lunches do not go out in the class lunch tubs. Your child has to pick it up from the canteen at lunch time. Any questions regarding this

matter please ask for Ruth at the canteen to explain the procedure we use.

## WOOSH News

October Vacation Care, 2018 dates are as follows:

### October Vacation Care

*Monday 1 to Friday 12 October*

**Please note:** No pupil free day at the beginning of school term.

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 Friday 14 September 2018. As we have to undergo a priority procedure, please phone Miss Alex on 0412 852 441 at the centre for availability after Tuesday 18 September 2018.

## Canteen Specials Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>- Sticky watermelon</li> <li>- French stick melts</li> <li>- Jelly &amp; custard cups</li> </ul>	<ul style="list-style-type: none"> <li>- Star sandwiches</li> <li>- Fruit sticks</li> <li>- Puff dogs</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit sundae</li> <li>- Stuffed potatoes</li> <li>- Salad &amp; meat sticks</li> </ul>	<ul style="list-style-type: none"> <li>- Flower pots</li> <li>- Fruit salad</li> <li>- Fruit sticks</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit salad cups</li> <li>- Custard cups</li> </ul>

Cook Off Photos



**WELCOME TO GO4FUN**

**Go4Fun**  
PROVIDING HEALTHY LIFESTYLE PROGRAMS

Dear parent,  
Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

**WHEN DOES GO4FUN RUN?**  
Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

**WHAT DO WE DO AT GO4FUN?**  
Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practice.

**START UP PACK**  
Your child will receive a start-up pack including a:  
• Go4Fun backpack,  
• Go4Fun t-shirt,  
• Go4Fun water bottle, ball and whiffball.  
Your child will also earn up to 3 **bonus attendance rewards** over the ten Go4Fun sessions.

Parents receive a \$15 fresh fruit and vegetable voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meat Make cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.

**WHAT RESULTS ARE WE LIKELY TO SEE?**  
Since Go4Fun began in July 2011, we have helped more than 300 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4Fun children now:  
• have a reduced waist circumference  
• eat more fruit and vegetables each day  
• drink less soft drink  
• are more active and meet the physical activity guidelines  
• spend less time in sedentary activities  
• have improved self-esteem

**WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?**  
"I think for my 10 year old son (S) as well as Go4Fun was that was being taught from a source other than me, she was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents!"  
— Sue, Port Macquarie

"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." — Sue, Port Macquarie

"Even though we knew the nutrition and exercise information before we started, it's helped us so much. Healthy is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." — Tracey, Coffs Harbour

**ENROL TODAY!**  
Registrations for Term 4, 2018 programs are now open with limited places available in our Port Macquarie, Wauchope, South West Rocks, Nambucca Heads and Coffs Harbour programs. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

**Wauchope Term 4 program will run:**  
Thursdays 3.30pm to 5.30pm starting October 18th, 2018  
Venue: Wauchope Public School

To register: freecall 1800 780 900 or online: [www.go4fun.com.au](http://www.go4fun.com.au)

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**WHAT DO WE DO AT GO4FUN?** Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child also learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$15 fresh fruit and vegetable voucher each session they attend.

Registration for Term 4, 2018 is open with limited places in Port Macquarie, Wauchope, Kempsey, South West Rocks, Nambucca Heads, Coffs Harbour.

We'd love to welcome you and your child to Go4Fun and encourage you to secure a place.

Register at freecall 1800 780 900 or at [www.go4fun.com.au](http://www.go4fun.com.au)

**Go4Fun**

**PORT MACQUARIE OZ TAG JUNIOR**  
PORT MACQUARIE OZ TAG JUNIOR

**Port Macquarie Junior Oztag Summer Competition**

**Start Date:** Competition starts Monday 15<sup>th</sup> October  
Finishing Monday 10<sup>th</sup> December – 9 rounds

**Game Times:** First game will start at 4:15pm with the second timeslot starting at 5:00pm

**Cost:** \$70 per player rego only or;  
\$80 per Players includes playing team shirt with number  
Shorts \$25.00 & Tights \$35.00

**Divisions:**  
Under 10 – Mixed – Born 2009,2010  
Under 12 – Mixed – Born 2007,2008  
Under 14 – Mixed – Born 2005,2006  
Under 16 – Mixed – Born 2003,2004

**Registration:** Sports Power – Gordon Street Port Macquarie  
Monday 3<sup>rd</sup> September 4:00pm – 5:30pm  
Wednesday 5<sup>th</sup> September 4:00pm – 5:30pm  
Friday 7<sup>th</sup> September 4:00pm – 5:30pm

If you don't have a team we can place you in one.  
Any questions please email us at:  
[portmacquarieoztag@gmail.com](mailto:portmacquarieoztag@gmail.com)  
Stay updated by following the Port Macquarie Junior Oztag Facebook page and PMJuniOztag on Instagram

**Port Macquarie OZ TAG**

**StEPS**  
Sight, Eye, Posture, Screening, and Training

**Health**  
Mid North Coast  
Local Health District

**Vision Screening Clinics**  
**Is your child starting school?**  
**Have they had their eyes checked?**

You can have their Eyes checked at our StEPS Vision screening Clinics, Conducted by Nurses, trained in Eye screening.

Centrelink have now made **compulsory** a 4 year old "Get Ready for school" health check including an eye check with StEPS or an Optometrist  
If you receive Family Tax Benefit A & Income support

**Wauchope Community Health Centre,**  
**Thursday 13<sup>th</sup> Sept**

OR **Port Macquarie Community Health Centre,**  
19-30 Morton St, in Meeting Room 4  
ON **Friday Sept 7<sup>th</sup> or Monday November 5<sup>th</sup>**

**Please make an appointment**  
RING StEPS on **66567 061**  
Or email: [MNCLHD-Steps@health.nsw.gov.au](mailto:MNCLHD-Steps@health.nsw.gov.au)

then write the appointment time here & put in a prominent place:  
Date \_\_\_/\_\_\_/18 at \_\_\_:\_\_\_ am/pm

**RAWGS Presents**  
(Rotary Australia World Community Service)  
All funds raised go to local projects

**BUSH BASH BALL**  
SEPT 15TH

**\* MUSIC \* Food \* BYO Drink & Nibbles \***  
6.30pm \$30pp  
WAUCHOPE SHOWGROUND HALL  
Tickets from <https://www.trybooking.com/>  
and at the door

**Go4Fun**