



Wauchope Public School

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Term 1 Week 7 Newsletter

Thursday
15 March 2018

This Issue

Calendar P. 1
Canberra Excursion P. 2
P&C News P. 4/5
Community News P. 5



Friday 16 March

- ☀ Kindergarten Assembly 9:45am
- ☀ High School Forms are due back

Monday 19 March

- ☀ STEM Challenge Day
- ☀ Stage 3 Assembly 2:15-3:00pm

Tuesday 20 March -

Thursday 22 March

- ☀ NAPLAN Online Practice Test

Monday 19 March -

Friday 23 March

- ☀ Year 6 Canberra Excursion

Canberra



I'd like to wish the children in Year 6 all the best for their exciting trip to Canberra next week. I know you will have a brilliant time. A huge good luck to the WPS staff who have volunteered to make this experience available for the children whilst putting their life on hold and leaving loved ones for absolutely no extra benefit or incentive other than being great people. Thank you Mrs Gowan, Mrs Best, Miss Whiteoak, Mrs Puchert and Mr Nicholson.

Student Representative Council

Each class in Years 3 - 6 have elected two class members to represent them at various meetings throughout the year. The SRC discuss ways to improve our school and organise various fundraisers to support charities. The boys and girls will be presented with their badges at upcoming Stage assemblies. It is an honour to be selected by your peers. Congratulations to the following students.

P&C AGM

At last week's AGM, the P&C were unable to fill one very important position - President. I would like to congratulate and welcome the new P&C team for this year. I look forward to working with the following group of people on future projects.

President

Vacant

Treasurer

Emma Andrews

Secretary

Kristy Swan

Vice President K-2

Simone Lyon

Vice President 3-6

Rosemary Spradbrow

Fundraising

Kaela Croft and Rebecca Hillard

Canteen Rep

Stacy Hill

WOOSH Rep

Kylie Conway

Book Club

Kim Balderston and Stacy Hill

Social Media

Please consider taking your children off social media especially if you do not have the time to closely supervise your child/ren. Their minds are too young to be responsible users. There are far too many risks involved, some that can become very serious. This is

Girls Cricket



On Friday 9 March, the Years 5/6 Girls Cricket Team, the "Southern Stars" represented Wauchope Public School. Our opponents were Port Primary, who put up a really good fight. Our success was due to strategic thinking, playing as a team and good sportsmanship. Wauchope was the first to bowl, with Amy taking two wickets, Tiana and Amarlie with one each. Run outs for the day went to Regan, Natasha and Brianna. Then we went into bat chasing 86 to win. Our opening batsman was Brindley, who remained undefeated and finished as our top run scorer. Brindley partnered up with Brianna to add 30 runs to our total. In the end the Southern Stars took the win with the 7 wickets in hand and 4 overs remaining. Alivia Ashley

Many thanks to the parents who helped to transport the girls to the ground and supported us on the day.

Mrs Julie Best



the main reason it is the law that children have to be 13 years of age before they can legally have a Face Book account.

I have also observed the use of social media and the constant use of devices is having an adverse effect on children's social skills. Their behaviour changes when they are on the devices and their behaviour definitely changes when they are taken off them. Please consider reducing the amount of time they spend on their devices and send them outside to play, be social, play a game, read a book or play sport in an organised team.

On another note researchers are also pointing out that adults constantly being on devices is having an adverse effect on children's behaviour/social skills. Parents are not talking, not playing, not interacting with their children. Many children are crying out for adult attention. This is especially crucial between the ages of 0 and 5 for children.

I hope all parents are reading to and with their children every night.

Parent/Teacher Communication

If you would like to discuss your child's progress with the class teacher and find out ways you can support your child and teacher at home please feel free to request a meeting or a phone call. Simply notify the class teacher with a written note and they will coordinate a mutually convenient time to meet. The end of Term 1 is often a good time to touch base with your child's class teacher.

P&C Easter Raffle

Please try to sell as many of these raffle tickets as possible.

Cameron Osborne

Urgent

All High School forms are due back at school by Friday March 16.

Please ensure your child has returned their form.

-Year 6 Teachers-

P&C News

P&C Position Vacant

The P&C committee held the AGM meeting last Thursday night and the position of President is yet to be filled.

Please consider if you have the skills and time to fill this role. The P&C has made significant contributions to the school and this is only made possible by the dedication of the members of the P&C. If you would like any further information please email wauchopepspandc@gmail.com. You can also find information about the role on the P&C Federation website on the FAQ page.

Appreciation

Thank you to the families that have already paid their voluntary contribution fees – you have been entered into the draw to win a canteen/uniform voucher. Any other families that make their contribution before the end of the term will also be entered into the raffle, to be drawn on Friday 13th April.

Thank you also to those who have registered as a volunteer, [P&C Volunteer Register Form](#). You will be contacted soon as we look for volunteers for the upcoming 50c Tuck Shop and Mother's Day Stall.

Easter Raffle

Donations for the Easter Raffle can be handed in to the school front office. We hope to make as many hampers as possible to give everyone a greater chance

Year 5 S.T.E.M. Challenge Day Term 1 2018



Wauchope Public school Cardboard Arcade Event



Taking inspiration from a creative 9 year old called Caine (who builds his own games arcade from recycled material) students will learn about the seven dispositions of a good critical and creative thinker. Students will develop these seven dispositions (open-minded, flexible, risk-taker, resourceful, patient & persistent, ubiquitous learner, reflective) through studying Caine's thinking, and engaging in deep play. Students will work in small groups to develop team building, to design and make their own arcade game from cardboard and other recycled material on Monday 19 March 2018.

We appreciate any support through the supply of large cardboard boxes or recyclable items that could be used by students to create their games. Parents of students are invited to view finished works on Monday 19 at 2:30pm.

We look forward to a very rewarding day where students will collaborate and support each other to be AWESOME!!!!



CARDBOARD ARCADE GAME

When: 19th March 2018
Where: m.p.s. Hall
Time: 2.30pm - 4.00pm
What: S.T.E.M. challenge
Who: year 5
Why: team building

to win a bundle of chocolates to enjoy over Easter. Everyone that makes a donation will have a free ticket in the raffle. Thank you if you have already made your donation.

Raffle tickets have now been sent home. Tickets are \$2 each, and sold tickets should be returned with money in an envelope to the school front office, by 9am Thursday 29th March. Good luck!

Tuck Shop

The P&C will be running a 50c Tuck Shop on Thursday 29th March, in conjunction with the Easter Raffle. Further information regarding the Tuck Shop will be sent home in a few weeks.

Paver Project

As the major capital works project has been delayed, the personalised engraved paver scheme offered to families last year has also been delayed. When the new classroom building moves ahead, we will offer the personalised pavers to the school community again, in case there is any one else who wishes to purchase an engraved paver for \$30.

WOOSH News

April Vacation Care, Term 2 Pupil Free day 2018 dates are as follows:

April Vacation Care

Monday 16 to Friday 27 April

Pupil Free Day

Monday 30 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 Monday 26 March 2017.

Wauchope Public School

Excellence, Opportunity and Success

Term 1 Week 7 Newsletter

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

Community News

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.

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. You and your child also learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 5 attendance prizes, and parents a \$15 fresh fruit and veggie voucher each session they attend.

Registration for Term 2, 2018 is open with limited places in Port Macquarie, Kendall, Wauchope, South West Rocks, Bowralville and Coffs Harbour. We'd love to welcome you and your child to Go4Fun and encourage you to secure a place.

Register free call 1800 780 900 or at www.go4fun.com.au

Go4Fun

WELCOME TO GO4FUN

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 supervised four 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 whistles.
Your child will also earn up to 5 bonus attendance rewards over the ten Go4Fun sessions.

Parents receive a \$15 fresh fruit and vegetable voucher for each session you attend, and a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical meal book 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.

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 their 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 by far the reason Chloe did so well in Go4Fun was she was being taught from a better role 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!"

"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 so so much. Absolutely 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 2, 2018 programs are now open with limited places available in our Camden Haven, Port Macquarie, Wauchope, South West Rocks, Bowralville 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 2 program will run:
Thursdays 3.30pm to 5.30pm starting May 3rd, 2018
Venue: Wauchope Public School

To register: free call 1800 780 900 or online: www.go4fun.com.au

Go4Fun

Tender Opportunity

We have purchased a new lawn mower and ride on mower for the school.

I have included details of the two second hand mowers for your consideration within this newsletter. I recommend that if you are interested in purchasing you organise to view the mowers as they are several years old and are not in mint condition.

If you would like to put in a bid you need to write your name, contact details, which mower and your offer and place it in a sealed envelope and send in to me (Cameron Osborne) by Close of Business Thursday 22 March. Our office manager, Mrs Sue Bourke and myself will then open the envelopes on Friday 23 March and contact the highest bidder.

Husqvarna Ride on mower



Model: LTH1742T
Year: 2009
Engine: Kawasaki
Hours: 924

Push Mower with catcher



Model: Rover Combat
Year: 2006
Engine: Briggs & Stratton



Wauchope High School
Years 5 & 6 Twilight Tours
Tuesday 20th March 4pm to 6pm

Page Community of Schools



Meet the Year Adviser for 2019
Mr Thomas Bedwell →



← **Meet the Principal**
Mr Sawle

We welcome you to come to our school and be taken on a tour, guided by Peer Support Leaders.

The tours commence at 4pm, 4:30pm and 5pm.

No bookings necessary, meet in front foyer of WHS

Come and see what we have to offer. Afterwards there will be an opportunity to ask questions and receive information. There will be a sausage sizzle available and tea and coffee in the Library

Spend a little time in your local high school, you will be pleasantly surprised.

Senior Prep Room



Wauchope High School Leaders

Mock Trial Team



Wauchope High School

Cordially invites you to two events on one huge night, Tuesday 20th March

#1

Year 5 and Year 6
Twilight Tours
4pm - 6pm

With Year 10 Peer Support leaders as your guides, visit faculty displays, talk with staff and see what your local High School has to offer. At 5:30pm join us in the courtyard for afternoon tea or a sausage sandwich.

#2

Year 7
Meet the Teachers
4pm - 6pm

Meet staff in the courtyard for afternoon tea, or a sausage sandwich. At 6:00 pm we will move to the library and outline some of the latest Wauchope High School learning initiatives and look at how we can work together to realise your child's full potential.

NELSON STREET, WAUCHOPE • PHONE: 6585 1400

www.wauchope-h.schools.nsw.edu.au • EMAIL: wauchope-h.school@det.nsw.edu.au

A WAUCHOPE COMMUNITY CHURCH EVENT

Celebrate Jesus

COMMUNITY FUN DAY

SATURDAY 24th MARCH

2018

9AM - 2PM BAIN PARR, HIGH ST, WAUCHOPE

JOIN US FOR FREE:

FAMILY FUN • FACE PAINTING • GAMES • PUPPETS
 • CLOWNS • HAND MASSAGES • MUSIC • BALLOON ANIMALS
 • DRAMA & SKITS • FOOD • TEEN ACTIVITIES • JUMPING CASTLE
 • LOCAL MUSICAL TALENT • PLASTER PAINTING • SAUSAGE SIZZLE
 • ENTERTAINMENT FROM SCHOOLS

SPECIAL GUEST - THE AMAZING JONO
 "FOR MORE INFORMATION ON THE INVOLVED"
 CALL PETER OR NED 435 04 04 OR 435 04 53
 OR EMAIL: WAUCHOPE@GMAIL.COM

Everyone welcome



Fact sheet:

CYBERBULLYING

Follow us: @ThinkUKnow_Aus facebook.com/ThinkUKnowAustralia

Cyberbullying is the repeated use of the internet, mobile phones and other technologies to bully, intimidate and humiliate others. It differs from other bullying because it often continues outside of school and school hours. It can be 24/7 and sometimes you may not know who is behind it.

What does cyberbullying look like?

Cyberbullying might occur over the internet, in instant messaging (IM), social networking sites, blogs or through online gaming. It can also occur over the phone, by SMS or MMS, or voice and video calls.

Why do people cyberbully?

There are a number of reasons why people might cyberbully others, including:

- think it's amusing
- don't like the person
- don't consider it to be a big deal, "It's just words"
- don't believe there are any consequences
- think they can be anonymous

None of these reasons, or any others, can justify cyberbullying.

What are the effects of cyberbullying?

Things that happen on the internet or mobile phones can have offline consequences. Some of the effects of cyberbullying may be:

- anger
- embarrassment
- fear
- poor performance at school
- loss of confidence and self-esteem
- revenge cyberbullying or retaliation
- self-harm, even suicide

Cyberbullying hurts people. It can ruin lives. There could even be legal consequences for harassing or threatening someone online.

Most importantly, know where you can go for help! Speak to an adult you trust if something makes you feel uncomfortable. You can also contact:

- Reach Out: www.reachout.com.au
- Bullying, No Way!: www.bullyingnoway.com.au
- Kids Helpline: 1800 55 1800
- Youth Beyond Blue: www.youthbeyondblue.com
- The website, application or phone carrier that you were using at the time

What can you do about cyberbullying?

Don't start it! Cyberbullying is never acceptable. Think before you post something mean, or send someone a hurtful message.

Don't be a part of it! As a bystander, you can do something to stop cyberbullying. If someone tries to get you involved in cyberbullying, say NO.

Don't let it get out of control! You need to tell someone if you are being cyberbullied so that they can help you to make it stop.

Stand up! Be an active bystander and tell a trusted adult if you see cyberbullying occurring.

How can you stay in control?

- learn how to block and report unwanted communications
- find out your school's policy on cyberbullying
- research what policies your Internet Service Provider (ISP) and any online sites and applications you are using have on cyberbullying
- tell someone!

How can you help your friends?

- support the person who is being bullied - you never know when you might need help too
- encourage them to speak to a trusted adult
- don't forward or pass on any cyberbullying materials such as links to humiliating videos or gossip texts
- create a positive culture in your school and community which doesn't tolerate bullying in any form



For more information visit www.thinkuknow.org.au