



Wauchope Public School

Principal: Cameron Osborne
Waugh Street, Wauchope NSW 2446
Ph: 02 6585 2277
E: wauchope-p.school@det.nsw.edu.au
Web: www.wauchope-p.schools.nsw.edu.au



Term 1 Week 8 Newsletter

**Thursday
22 March 2018**

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Monday 19 March -

Friday 23 March

☀ Year 6 Canberra Excursion

Wednesday 21 March

☀ Netball Gala Day

Monday 26 March

☀ Bus Safety Program
Kindergarten

Tuesday 27 March

☀ Bus Safety Program Year 1

Wednesday 28 March

☀ Bus Safety Program Year 2

☀ PSSA Boys Cricket

Thursday 29 March

☀ Easter Hat Parade

☀ 50cent Tuck Shop

☀ P&C Easter Raffle

Friday 6 April

☀ Term 1 Snapshots sent home

Monday 9 April

☀ Teddy Bears Picnic -
Kindergarten

Wednesday 11 April

☀ Public Speaking Finals

Thursday 12 April

☀ P&C Meeting

Snapshots

Students K-6 will receive a simple one-page report on Friday 6 April. 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.



Public Speaking Finals

I'm looking forward to attending these finals on Wednesday 11 April. We have so many talented Public Speakers.

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.

Sport

Congratulations to Alivia A, Brindley W, Bella H, William N and Kurtis W for being selected in the Lower North Coast soccer team.

Good luck to Nakita S, Summa S and Katelyn S who will attend the Hastings/Camden Haven Netball trials.

SRC Members

Congratulations to the S.R.C. Student Representative Council members for 2018.

At Wauchope Public School the members of the Student Representative Council will carry out all duties to the best of their abilities by helping Staff and Students in the running of the School.

As part of their pledge they promise to be worthy examples to fellow students by:

- » Modelling effective leadership
- » Demonstrating positive behaviours
- » Working hard
- » Being safe, following instructions and demonstrating respect to all, both at school, in our community and in the wider community.

Students will receive their badges and be recognised on their next stage assembly.

Class	Student
2/3KN	Jai T
3-6SR	Hugh H
3/6JG	Gus B
3/4AD	Ava C, Flynn D
3VM	Jarvis S, Kayden D
3EW	Taylor H, Max S
3KD	Toby N, Emmalee P
4JS	Preston C, Ava N
4LR	Mia H, Ned J
4VH	Matilda H, Bailey S
5WH	Abby-Rose F, Hayden A
5CG	Lana C, Charlie W
5EM	Harrison L, Shayla C
6MN	Marli L, Alivia A
6JB	Jack T, Kiana N
5/6CW	Maya R, Hayley F
6HJ	Olivia S, Lincoln S
6SG	Amarlie E, Taye H

Year 6 Student Leaders:

Ava T, Lachlan K, Finlay D, Curtis W, Giavanna M, Alex K, Daniel O and Rachel P.

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, aunties 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 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 opportunities 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

Maths Mania



The students in 5/6CW and 3/4AD were challenged in a Maths Mania Day last week in our school hall. The students were placed in groups and had to work collaboratively to solve an array of Mathematical problems across 10 different activities. The students had a fantastic time and we can't wait to do it again."

-Mrs Whiteoak-

Year 5 S.T.E.M. Day



Year 5 Arcade Game Challenge was a wonderful success. Students were fully engaged throughout the day and were very proud to demonstrate their games to stage 2, who reported that they had HEAPS OF FUN!



We will be posting a short movie on Facebook of the day and hope to further develop skills of creativity, critical thinking, collaboration and communication, in other planned S.T.E.M. days throughout the year.

-Mrs Henry-



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.

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 wauchopepsandc@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 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!

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

Band News

Could parents of children learning to play a musical instrument at school, particularly beginners, please encourage and remind their children to get their instruments out and play them 3 times a week, even if it is only for a few minutes? We are working on note recognition, fine motor skills and muscle memory. Repetition is the best way to master these skills.

We want to ensure the success of all of our young musicians.

Thank you! - Ann Hamilton -

Ride2School - Friday March 23



Currently, less than two thirds of Australian children get enough exercise to maintain their health. National Ride2School Day is a celebration of physical activity, encouraging students to ride, walk, scoot and skate to school!

Children who walk or ride to school are more focused and ready to learn compared to those who are driven. For more information please visit the [website](#).

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. 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.



WAUCHOPE HOCKEY CLUB
THE FAMILY FRIENDLY CLUB WITH ACTIVE KIDS REBATE



HOCKEY IN WAUCHOPE COME & TRY/ REGO
Every Monday from 12th March - 26th March
@Landrigan Park 4.30-6pm
all equipment provided

Community News



What is Snapchat?

Snapchat is an application which is free to download on iOS and Android devices that allows users to send images ('snaps') to each other. Operating the app requires use of the device's data plan or wireless internet connection. Images can be drawn on using a whiteboard-style tool and can be given a caption. Images can be sent to other users for up to 10 seconds before they 'dissolve'.

What is the age restriction for Snapchat?

The age classification for Snapchat is 13 years old, although much of the content may be inappropriate for that age group. If children under the age of 13 sign up for an account they are given access to 'SnapKids' which is a limited version of the app where users are not able to send images to other devices. It is important to note that these classifications are set by the app's creator and are not overseen by an independent body.

How are kids using Snapchat?

Snapchat is used by many young people to keep up with their friends and to send photos to each other. Snapchat can, however, be used for inappropriate purposes and it is important to sit down with your child and explain to them that it is not okay to share images that are rude, offensive or sexualised.

Should I be worried if my child is using Snapchat?

Any application when used incorrectly has the potential to cause harm. It is important that you communicate openly with your child about how they may be using an application and the legal and ethical ramifications of inappropriate use. Children and young people also need to be aware of the risks of communicating with people they don't know via any mobile application.

Does an image really delete on Snapchat?

There are many ways an image can be saved, even on Snapchat. iOS and Android devices have a feature which allow the device to take a photo of what is on the screen ('screenshot'). Snapchat notifies the sender if an image they have sent has been captured, however you are not always notified. There are also many other ways images can be saved without the sender being notified so it is important to encourage children to think before they post.

What are the privacy settings on Snapchat?

Snapchat has very limited privacy settings and it is important to monitor your child's usage of the application. One privacy setting that is available is the ability to restrict who can send your child snaps. This can be enabled by going into the **Settings** menu, under **Who can send me snaps...**, then select **My Friends**. This will ensure that only users on your child's contact list can send images.

Is Snapchat a 'safe sexting' application?

It is important to know that there is no such thing as 'safe sexting' and Snapchat is no exception. Young people need to be aware that as soon as they send an image they have lost control over where it ends up. Sending sexually explicit images of someone under the age of 18, with or without their permission, could be an offence under State and Commonwealth legislation.

What are the potential problems with Snapchat?

Sharing images that are rude, offensive or sexualised can see young people in breach of State and Commonwealth legislation that carry serious legal consequences. Ethically, young people need to be aware of the impact that their online behaviour has on others, as well as their own reputations.

Sexting is commonly defined as the sharing of sexualised or naked images via the internet or mobile phone, this includes mobile applications like Snapchat. Children and young people need to realise that as soon as that image is sent they have lost control of it. Quite often we see images uploaded to the internet, including on various social networking sites, that had originally been shared between two people privately. Taking, sending and saving these sorts of images can also constitute child pornography offences and can have long term legal ramifications on a child's future.

If these images become public, the child in the image can be subject to bullying and cyberbullying. This may happen face-to-face at school or even online with people posting and sharing the image on social networking sites or instant messenger applications. It is extremely important that parents and carers are aware of the issues associated with various apps and websites so that they can openly communicate with their child about safe and responsible usage.

How do I delete my child's Snapchat account?

After talking with your child about the ethical use of Snapchat and your family's rules around technology, you may think it's appropriate to delete the Snapchat account.

To delete a Snapchat account you can go to <https://support.snapchat.com/delete-account> and enter your child's account username and password. If you do not have your child's password you can put a deletion request into Snapchat.

Open and supportive discussions around technology usage are vital in ensuring your child understands their responsibilities when using technology. Simply removing the technology is not the best response as it could potentially drive your child's usage underground where there are few opportunities for you to support them.

For more information visit www.thinkuknow.org.au