



Wauchope Public School

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**Term 3 Week 8
Newsletter**

**Thursday
12 September 2019**

This Issue

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Monday 9 - Friday 13 September

☀ Kinder Start Week - Daily
9:30am to 10:30am

Thursday 12 September

☀ R U OK Day
☀ P&C Meeting - 6:30pm

Friday 13 September

☀ Stage 1 Mini Beasts Incursion
☀ North Coast Athletics Carnival
- Lismore

Monday 16 - Tuesday 17 September

☀ Year 4 Sydney Excursion

Friday 20 September

☀ K-2 Athletics Carnival
☀ Boys Aboriginal Dance Group
Performance

Saturday 21 September

☀ Apex Public Speaking
Competition

Monday 23 September

☀ 3/6JG Billabong Zoo Excursion

Tuesday 24 September

☀ Assembly of Excellence - 3-6
☀ Year 2 Walking Excursion

Wednesday 25 September

☀ Assembly of Excellence - K-2

Kindergarten Orientation



This week's Kinder Start has been a great success. A huge thank you to our Kindergarten staff for their time and effort. The boys and girls had a fantastic experience. We look forward to seeing them join the Wauchope PS team.

The morning tea with our new parents mixing with some seasoned campaigners was very enjoyable on Monday.



Please ensure all enrolment forms have been returned to the front office so your child is placed in a class for 2020. It is vital that we know exact numbers as soon as possible as Kindergarten numbers then dictate how we structure the classes for the rest of the school.

In Term 4 I'll publish special Uniform Shop holiday opening times. These are usually in late January.



Like us on facebook

Year 3 Port Macquarie Excursion

The students in Year 3 had an enjoyable time on their excursion. Thank you Mrs Darcy for coordinating the logistics for this excursion.

Year 4 Taronga Zoo Excursion

Good luck to the boys, girls and adults who are attending this excursion to the Zoo and Sydney. Thank you Mrs Rock for coordinating this brilliant experience.

School's Out Radio

Mrs Burns provided yet another magnificent experience for our students at the radio station last night. The children loved this opportunity.

Stage 1 Mini Beast Incursion

We hope the students in Stage 1 enjoy this informative session tomorrow.

Mrs Falk



Mrs Falk completed her 800 km pilgrimage from France across Spain. She is excited and happy to be returning home very soon!!!

Excursion/Activity Payment

As previously advertised we require all notes and payments to be made at least seven days prior to any event. All payment dates are clearly printed on all permission notes. We need at least a week to coordinate all the logistics that are necessary eg how many groups, who is in each group, how many teachers need to attend, where children will be placed who are not attending, how many buses do we need, what space in the school we are using, rearrange SLSO's to support various children, adjust playground roster, develop a risk assessment, confirm numbers with venues or visiting performers etc. As you can see from this list it is a complex task coordinating one of these events. Thank you for your understanding and supporting us putting strategies in place to ensure all children are safe, supported and catered for.

North Coast Athletics Carnival

Good luck to our students representing the Lower North Coast on Friday in Lismore. Individual events require the Lower North Coast singlet but the relay team wears Wauchope Public School uniform. I have a spare LNC singlet if any of our team need to borrow one.

Touch Football

Congratulations to our amazing boys' touch football team. They narrowly defeated Hastings Public School. They now take on Mullaway PS on Friday 20 September. Good luck boys.

P&C Meeting

Our next P&C meeting is on tonight, commencing at 6:30pm in the school staffroom. All are most welcome to attend.

Reminders

Please check the calendar on the front page to ensure you are aware of upcoming school events.

R U OK? Day - Thursday 12 September

[R U OK? Day](#) is a dedicated day bringing suicide prevention to the forefront, and reminding people to connect with family, friends and colleagues and ask the question - 'R U OK?'

On Thursday 12 September, take a few minutes to reach out to students, colleagues, friends, family or even strangers and ask them 'R U OK?'. It might help someone open up and it might even help to save someone's life. Here are some tips in asking someone if they are ok:

Ask R U OK? – be relaxed and friendly, help open up the conversation by asking how they are doing or what's been happening, and mention anything specific that has made you concerned for them.

Listen without judgement – don't interrupt or rush the conversation, take what they say seriously, don't judge but acknowledge that things seem tough for them, sit in silence if they need to think, encourage them to explain thoughts and feelings and show you're listening.

Encourage action – ask how they'd like you to support them and how they've managed situations in the past, encourage them to seek professional help if they are feeling really down for more than two weeks, and be positive about the role of professionals.

Check-in – check in with them after the initial conversation, stay in touch and be supportive.

If they push back or don't want

Wauchope Wonder's Winner

Week 7

Congratulations to last week's Wauchope Wonder Winners.



Early Stage 1 - Finn, Urijah, Brock, Jaxon, Sam, Kayla-Lee, Koopa, Jemma, Julie and Jahara

Stage 2 - Joeline and Olivia

Stage 3 - Ned and Brock

Special Education - Isabella

Week 8

Congratulations to this week's Wauchope Wonder Winners.



Stage 1 - Carter, Mayson and Mia

Stage 2 - Byron and Oliver

Stage 3 - Conner and Jayden

Special Education - Reese

to talk, that's ok. Ensure they understand you are concerned and care about them. Let them know you are there if they need to chat. For more information about how to ask someone if they are ok, visit the [R U OK?](#) website.

Additional mental health support resources include:

[Beyond Blue](#)

[Headspace](#)

[Lifeline](#) – 13 11 14

[Suicide Call Back Service](#) – 1300 659 467

[Kids Help Line](#) – 1800 55 1800

[GriefLine](#) – 1300 845 745.

The Ashes

It is with great enthusiasm, excitement and relief that Australia has won the Ashes. The final test starts tonight. Let's hope we make it a 3 – 1 win for the series.

Mr Cameron Osborne

Crazy Hair And Sock Fund Raiser

Year 6 students are holding a fundraiser in order to purchase a gift for the school before they leave for High School. The fundraiser will be a Crazy Hair and Sock Day. Apart from the hair and socks students are to wear full school uniform. The cost will be a gold coin donation. The date is Friday, September 27, the last day of term. All money raised will be used for resources within the school. We hope you support this event.



Thanks - Year 6 Teachers

Stage 1 Assembly Awards Term 3 Week 6

Class	Student
K-6RF	Tyrone B, Zoey H
K-6BC	James P
K-6KD	Risan M
1KB	Shyloh K, Ella-Marie H, Rylee H
1PH	Oscar R, Aaliyah W, Jordan M
1MM	Sophie S, Luda W, Sienna P
1MT	Jecinta C, Mikiri A-S D, Aaron F
2CD	Ivy F, Brooke D, Mayson W
2HL	Ruby C, Carter C, Tyson P
2JH	Viviene M, Violet B, Riley M
2LF	Jasmyn M, Ava F, Ayekeya M

Citizen of the Week

Class	Student
2HL	Keeley W
2CD	Alyssia C

P&C News

P&C Meeting

Our next P&C meeting is on tonight, commencing at 6:30pm in the school staffroom. All are most welcome to attend.

Can you help our kids?

Wauchope Public School P&C has recently purchased hundreds of new home readers and group reading class books that need covering before they can be used. We will be holding a book covering day between 9:00am and 2:00pm on Monday 16 September at the Wauchope Country Club.

If you have an hour or two to spare or half the day, we would love as many volunteers as possible to have these books covered so our students can start reading them!

Everyone is welcome - including younger siblings.

SAVE THE DATE!!!



You won't want to miss our next major P&C fundraiser!!! October 24, 2019, will be our first ever Obstacle-a-thon!

Notes and more info as it gets closer!

Community News



Nutrition Snippet

The simplest way

... to get enough calcium.

The biggest opportunity to build strong bones is in childhood, when children are still growing.

This is why it is extremely important that children eat enough calcium rich foods such as milk or calcium fortified dairy alternatives (e.g. soy milk), cheese and yoghurt. Visit the dairy section of our [lunch box builder](#) to see how many dairy serves your child needs and to get calcium rich lunch box ideas.



Visit healthylunchbox.com.au and try these calcium rich recipes:

- [Minty yoghurt dip](#)
- [Berrylicious smoothie](#)
- [Turkish, avocado, ricotta & tomatoes](#)
- [Easy Pizza](#)

healthylunchbox.com.au

Wauchope RSL Cricket Club

CATERING FOR ALL AGES:

- * 5-10 year olds for **Junior/Master Blasters**—\$99 (8 weeks)

Thursdays 3.45-4.45pm = skills based training/games—starts Nov 14th @ Andrews Park

- * U10s- primary school age **Backyard Bash** —\$25 (4weeks)

Fridays 4.30-5.30 = provides pathway into U10s program or other Saturday cricket - starts 18th Oct@ Andrews Park

- * U10s **Junior Cricket** — \$120 (incl backyard bash)

Fridays 5.30pm starting 15th November. After Xmas School holidays will start playing on Saturday mornings.

- * 11-16 year olds for **Saturday Morning Cricket**—\$120 to \$140

Tuesday/Wednesday/Thursdays training (depends on grade); Saturday morning games

Sign up on www.playcricket.com.au

<https://www.facebook.com/wauchopecricket>

Rego day 14th September or contact juniorexecutive@wauchopecricket.org.au

Please note all registrations are now online!



GET READY WEEKEND
PREPARE FOR BUSH FIRE

HOW FIREPROOF IS YOUR PLAN?
ASK A FIREFIGHTER THIS GET READY WEEKEND

Visit Us at the Wauchope Rural Fire Brigade Station.
Free sausage sizzle
108 Cameron Street, Wauchope
Sunday 15th September
10am to 3pm

FOR MORE INFORMATION VISIT RFS.NSW.GOV.AU

NSW RURAL FIRE SERVICE