



Wauchope Public School

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Term 3 Week 2
Newsletter
Thursday
30 July 2020

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Monday 27 - Friday 31 July

☀ Silver awards presentations

Monday 3 - Friday 7 August

☀ Education Week - 'Learning together'

Friday 7 August

☀ Kindergarten 100 Days celebration

Friday 21 August

☀ K-2 Cross Country

Monday 24 August

☀ School Photos- Year 6 Photo

Tuesday 25 August

☀ School Photos

Thursday 3 - Tuesday 21 September

☀ Healthy Harold



Education Week



The theme of next week's Education Week is "Learning Together". I'm sure the teachers have some fun activities planned for their students next week.



Unfortunately, due to the current health situation we will not have the usual "Open Classrooms". This is disappointing as the children really do love having their parents and/or grandparents visit their room. To compensate, Mrs Buczko, Mr Thomas and myself will visit every classroom and look at their work and make a fuss of them.

We will take some nice photos to share with you on our Facebook page, Website, Seesaw or newsletter.

Silver Award Presentations

I have loved attending these special presentations. A greater number of students received their Silver award than this time last year which is very pleasing. It means our positive behaviour system is making an impact on students' behaviour, attitude and wearing the school uniform. The photos on Facebook have been really well received by our community and we have included these in this newsletter.

Kindergarten 100 Day Celebration

On Friday 7 August Kindergarten will celebrate their 100 days at school. We will see some very 'old' looking little people around the school. I suppose

Irrigation System

This very exciting (for me) infrastructure has now been installed. It will run off our own bore and will be magnificent for our playgrounds during any future dry spells. In an upcoming newsletter I will communicate the story of "How we came to own a water licence."



Oosh Educators Day

Wednesday 29 July 2020 was Oosh Educators Day.

We would like to thank our wonderful Woosh team for everything they do in making our facility the little piece of magic in our community. They work so hard to support our busy local families. Our Coordinator Leah and team members Maria, Carlie, Bruce, Kyara, Danyelle, Julia and Ian go above and beyond to come up with unique, creative and most importantly fun ways to fill the mornings, afternoons and vacation days at Woosh!! Their commitment and dedication to our school does not go unnoticed and without the guidance and encouragement of Leah, our service would not be as successful and popular! Thank you team and Congratulations!!

the teachers will have to try really hard to make themselves look older than usual. I'm sure the Kindergarten staff and the children will have a brilliant time. They really do enjoy themselves. Oh, to be five years old again without a worry in the world.

School Improvements



We are eagerly awaiting our infant's playground being turfed. This of course was the site of nine demountables for almost three years. The students in Kindergarten, Year 1 and Year 2 have never seen our infant's playground before. Several of our new staff members didn't know it existed either. The turfed playground will be a lovely space for our students to play and enjoy in the near future.

Excursion Update

All excursions are still tentative at this stage. In many instances the actual venues have put school visits on hold.

WPS Vegetable Garden

One of our many long-term goals is now within reach. It has taken a great deal of time, patience, ridiculous red tape and effort to secure a water licence and time the installation of the irrigation system to coincide with the removal of the demountables and laying beautiful new turf which couldn't happen until our magnificent new 13 classroom building was constructed. We now have water and a tap in

position for our new and exciting vegetable garden. As with most things we do at Wauchope Public School we are going large from the start.

Our plan is to use sleepers or corrugated iron and construct nine raised garden beds so every grade and supported learning have one to look after. Students will plant eight citrus trees including different varieties of oranges and mandarins. We will need to construct a small garden shed and purchase gardening tools and fence the area off. The plan is for our students and our canteen to use the produce grown for our WPS students to enjoy. Don't tell the P&C but I plan to sell the produce to the canteen (just joking).

If you are a parent who is a landscaper or a builder and would be willing to assist, please contact me at school.

School Photos

School photos will be taken on Monday 24 and Tuesday 25 August. Every student will receive the photograph order form next week.

University Students



This week we welcomed three university students to Wauchope PS. From left to right Taylor McGuire, Leilani Grieves and Emily Stewart. All are working with our students in supported learning.

Cameron Osborne

Silver Awards

Year 1



Year 2



Year 3



Year 4



Year 5



Year 6



Community News



Hearts 'n Minds Learning

Parents and Carers Meeting

Does your child have ASD, learning or intellectual difficulties?
Are you looking for encouragement and reassurance in helping them reach their full potential?

JOIN US On Friday 14th August, 10am

At Sandbar Cafe 3/621 Ocean Dr, North Haven

Please note that there will be no meetings in Port Macquarie or Wauchope at this time.

- Meet others who also look after special needs people
- Share the highs and lows, the joys and not-so-joys, the challenges and delights
- Tea/Coffee provided

DUE TO COVID 19 SOCIAL GATHERINGS RESTRICTIONS YOU NEED TO CONTACT ME AND LET ME KNOW YOU ARE COMING.

RSVP: Glenda Cooper 0402 998 316 glenda@heartsmindslearning.com.au

Look forward to seeing you there,

Glenda Cooper

(Educational Therapist, Founder and Director of Hearts 'N Minds Learning)



NSW KNOCKOUT HEALTH CHALLENGE

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Registration is open

for Aboriginal community members aged 16 years and older living in Port Macquarie and Wauchope.

The Knockout Challenge runs for 10 weeks and aims to motivate Aboriginal people to lose weight by living a healthy lifestyle. This program includes exercise that caters for all ages, fitness and skill levels.

Key dates

- Registration closes: 14 August 2020
- Pre-challenge starts: 24 August - 4 September 2020
- Challenge starts: 7 September 2020
- Challenge finish: 13 November 2020

Town Beach (near outdoor gym)
Thursday 30 July 2pm-3pm
Wednesday 5 August 10am-11am

Register at Bain Park Wauchope
Thursday 6 August 10am-11am

If you need help registering or have any questions, contact Clinton Gibbs on 0498 036 666 or clinton.gibbs@health.nsw.gov.au. For more details visit:

Facebook: <https://www.facebook.com/NSWKnockoutChallenge/>
Website: <https://www.nswknockouthealthchallenge.com.au/frontpage/>



Health
Mid North Coast
Local Health District



WHAT PARENTS NEED TO KNOW ABOUT TikTok



TikTok is a video app where users create & share via short video clips (typically about 15 seconds long). TikTok is commonly known as the 'lip-synching app'. Videos are frequently spliced with popular music, sound bites & special effects & there are many trending themes & challenges on the platform. Once known as Musical.ly, it was bought out, merged & rebranded in Aug 2018 as TikTok. It has fast become extremely popular for its fun & clever video creations & for the meme culture that it encourages. The content is often silly, goofy, irreverent & even cringy and that why its users love it. It's a welcome break from the other social media platforms. Currently (July 2019) it is one of the world's most popular apps. TikTok made news this year by propelling Lil Nas X into the spotlight with his song 'Old Town Road' & earlier in the year it was hit with a record fine in the USA over child data privacy concerns.

TIPS FOR PARENTS

USE A PRIVATE ACCOUNT

Make your child's account private. This means that only people who you & your child approve of can see their content. To enable a private account, select the 3 dots in the right-hand corner for access settings. Next, privacy and visibility of their content. Select 'Private' and turn this setting on. Please note that even with a private account, your child's profile, photos, username, & bio are still visible to all users on the platform.

TURN ON DIGITAL WELLBEING SETTING

If concerned about how long your child is spending on TikTok, you can restrict it in the app. To enable Digital Wellbeing select the 3 dots from the right-hand corner to access settings. From the settings menu, select 'Digital Wellbeing' and turn 'On' & set a passcode & turn Screen Time Management on. This will allow you to turn off push notifications in the app. At these can be frequent & annoy users back to the app.

DISCUSS OVERSHARING

Your child's 'likes' feature is a key indicator of how popular they are. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true.

HANDLING CRITICISM

If your child is posting content online, then they must be prepared for the possibility of receiving negative comments. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true.

REPORT INAPPROPRIATE CONTENT

If the content or behaviour your child is seeing is inappropriate, you can report it. To report content, tap on the account name at the top of the video. Tap on the three dots in the top right corner. Tap on 'Report' and select the reason for reporting. Tap on 'Report' and select the reason for reporting. Tap on 'Report' and select the reason for reporting.

SIGNING UP WITH THE CORRECT AGE

TikTok is a 13+ platform, but it is very common for users to sign up with a false age. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true. It's important to discuss with your child that while they may feel something like a 'like' is a compliment, it's not always true.

WHAT YOU NEED TO KNOW

INAPPROPRIATE CONTENT

TikTok lets users create & produce their own content. Some users share inappropriate content. Some users share inappropriate content. Some users share inappropriate content. Some users share inappropriate content.

ONLINE PREDATORS

TikTok lets users create & produce their own content. Some users share inappropriate content. Some users share inappropriate content. Some users share inappropriate content. Some users share inappropriate content.

BULLYING RISK

Users can leave comments on videos & this leaves your child open to receiving negative, offensive or mean comments. Comments like these can affect a child's self-esteem & cause them to feel worried or anxious. The anonymity of the internet can mean that some people use it to be abusive, threaten, mock or humiliate others.

INFLUENCER CULTURE

The app has millions of videos from influencers. Influencers are people who have a large number of followers who have the money to use an influencer and promote your child's products. Influencers are people who have a large number of followers who have the money to use an influencer and promote your child's products.

www.code9parent.com.au | fb.com/code9parent | @code9parent

Please note that this information is current at the time of publication. As in the nature of the internet, they can be removed. Graphic credits by Code9parent.

Nutrition Snippet

WHAT IS A SERVE?

1/2 cup of cooked vegetables

OR

1/2 medium potato

OR

1 cup of salad

One serve of veges is about 75g or 1/2 a cup cooked or 1 cup raw.

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes and more visit:

healthyinbox.com.au

