



# Wauchope Public School

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## Term 1 Week 9 Newsletter

Thursday  
27 March 2025

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### Upcoming Events

#### Thursday 27 March

- K-2 Cross Country Carnival
- Dental Presentations

#### Friday 28 March

- North Coast PSSA Rugby League 11's and Opens - Coffs Harbour

#### Monday 31 March

- Debating Workshop - Laurieton

#### Thursday 3 April - Friday 4 April

- Lions Club Eye Tests

#### Friday 4 April

- 3-6 Cross Country Carnival

#### Tuesday 8 April

- Stage 3 Glasshouse Excursion - Junklandia
- Term 1 Snapshots distributed

#### Wednesday 9 April

- Stage 1 Silent Disco

#### Thursday 10 April

- Stage 2 and 3 Public Speaking Finals
- P&C Meeting 6:30pm

#### Friday 11 April

- Easter Hat Parade
- Easter Raffle Draw
- Lollie Guessing Competition
- Last Day of Term 1

#### Friday 25 April

- Anzac Day March - 10:15am

#### Monday 28 April - Tuesday 29 April

- School Development Days

#### Wednesday 30 April

- Term 2 commences for all students



### K-2 Cross Country Carnival

Today promises to be another fantastic day at WPS. The boys and girls have been huffing and puffing around the back oval. We will share photos on Facebook, however the majority will be on our website. Thank you, Mrs Smithwick and Mrs Balderston, for organising a great carnival.

### Harmony Day



We celebrated Harmony Day on Friday. Thank you to our wonderful SRC and Ms Laing for selling the wrist bands and cake. The boys and girls looked great

with their splashes of Orange. Harmony Day is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from countries around the world. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it.

### NAPLAN

I could hear the sigh of relief from our Year 3 and 5 students this week. It is over for another year boys and girls. We look forward to receiving the students results. Parents will also receive a comprehensive report, however, these do seem to take a long time to be sent to us. Thank you to the Year 3 and 5 teachers



Like us on Facebook

## Stage 3 Science Presentations

I would like to thank Wauchope High School teacher Mr Reid who once again presented Science Adaptation presentations with our Year 5 and 6 classes. Mr Reid will be back next term with rockets that he plans to launch.

## School Photos

Early notice: Our annual photos will be on Monday 19 (K-2) and Tuesday 20 (3-6) of May.

## Kindergarten/Year 1 Eye Tests

If you have a student in kindergarten please return the eye test permission slip to the class teacher for this free service. If your child is in Year 1 and you missed this opportunity last year, please ask either the front office or your teacher for a note and we will have their eye sight tested.

## North Coast Swimming

Well done to Melody C and Aspen C who competed at the North Coast swimming carnival yesterday. We are enormously proud of their achievements.

## Sport

Good luck to our boys trialling for the North Coast Rugby League team tomorrow.

Huge congratulations to the boys cricket team who batted first and scored 93 even with a damp and slow outfield. Beechwood PS were then bowled out for 50. Laekyn B took 5 wickets and scored 40 runs.

for supporting the children and administering the assessments. Special thanks to Mrs Corcoran for timetabling, assisting the teachers and working with Jens to ensure the computers (three testing rooms) were functioning.

## PR1ME Maths books

We have had 231 students pay for their PR1ME Maths workbooks for this semester. We still have 401 students to be covered. Please pay at your earliest convenience.

## P&C Mega Easter Raffle

Good luck selling as many raffle tickets as you can. The live link has been emailed to all families and is also on our Facebook feed. Grandparents are usually extremely easy targets! We are hoping for some more donations. The more we receive the more prizes the P&C can give away.

## SRC Easter Guessing Competition

The SRC will hold a guessing competition in Week 11 with three jars of chocolate. More information to follow next week.

## Years 3-6 Cross Country Carnival

This exhausting event is on Friday 4 April at school. You may consider going for a run around the block with your child. Ha! If you are not that energetic perhaps take them down to the oval for a few runs.

## Tips for Building Mental Fitness in Children

I have included this article as I thought it made sense and could benefit our students/parents.

Move your whole body: At least 40 minutes of strong movement daily, such as climbing on equipment, running, football, hockey, netball or soccer, for

healthy bodies and minds.

Get outdoors: Sunlight is important for immune health and setting our circadian rhythms, which helps children sleep better and allows the brain to commit learning to memory. Time outdoors can be as simple as playing with the dog, or helping with the gardening.

Brain food: A healthy diet full of clean, nutritious food and brightly coloured fruit and vegetables not only helps your body fight physical illness but fuels the brain.

Playground rules: Teach children how to socialise and build positive relationships. Kids need instructions on setting boundaries and making friends, such as basic instructions and asking "Can I play with you?".

Don't step in too soon: If parents immediately intervene in a challenging situation, children can't learn to properly develop problem-solving skills. They also miss out on the dopamine hit from working through an incident. Let them sit in an unpleasant state and then deploy the 5:3 rule.

The 5:3 rule: When your child is distressed, ask them five questions about what happened. They can be who, what, where, when, and how do you manage it. But don't ask why, as it invites an emotional story. Let them talk for three minutes about the facts without saying anything, then ask them what they might need to do. Allow them to own the problem-solving process.

Source: Maria Ruberto, Salutogenics Psychology

**Mr Cameron Osborne**  
Principal

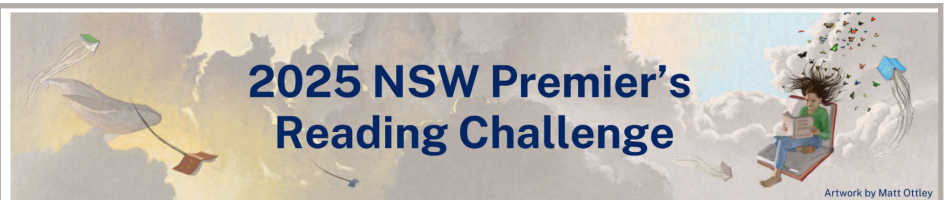


## Student Representative Council (SRC)

Congratulations to the boys and girls in Years 3-6 who have been voted in as Class Leaders for our SRC.

Congratulations to:

Class	Student
K-6BB	Taynarlah P-H
K-6JG	Benji D
3JW	Ivy L, Mia W
3KD	Hazel G, Jemma L
3SS	Caitlin M, Wyatt C
4AD	Addison C, Cody H
4BB	Jax W, Sasha M
4RB	Dyrell P-H, Bebe L
4MH	Caleb G, Skylar S
5AL	Ihia P T, Harper H
5CR	Zoe S, Jukka J
5CG	Aiden J, Andie P
5/6CW	Indigo R, Heath C
6ML	Charlotte L, Wyatt B
6DB	Ava F, Raiden C
6JS	Jemma P, Freya S



## 2025 NSW Premier's Reading Challenge

Artwork by Matt Ottley

The NSW Premier's Reading Challenge is now open and Wauchope Public School is excited to be participating!

What is the NSW Premier's Reading Challenge?

The PRC is a statewide Challenge that encourages students to develop a love of reading for leisure and pleasure in students and enables them to experience quality literature. It is not a competition, but a challenge to encourage each student to read, to read more, and to read more widely. All students who complete the challenge and have their reading record validated by the school's PRC coordinator will receive a certificate signed by the Premier of NSW.

How many books do students need to read?

Students in Kindergarten to Year 2 are challenged to read or experience 30 books. 20 of these books must be from the relevant Challenge booklists, and up to 10 books can be personal choice books. Books can be read with a parent, carer, teacher or another student.

Students in Year 3 to Year 6 are challenged to read 20 books independently. At least 10 of these books must be from the relevant Challenge booklists, and up to 10 books can be personal choice books.

Books must be added to a student's online reading record by Friday 22 August 2025 in order for their reading record to be validated and receive a certificate.

How do students log their reading?

Students can access the PRC's Student Experience site using their DoE username and password, or can log into the site via the Student Portal. A video guide explaining how to use the Student Experience site can be found here. If your child is not sure of their username and password please contact me for assistance.

Happy reading everyone!

Mrs Shields

## IMPORTANT LIBRARY DATES

**PREMIER'S READING CHALLENGE** -  
24 FEB - 22 AUG

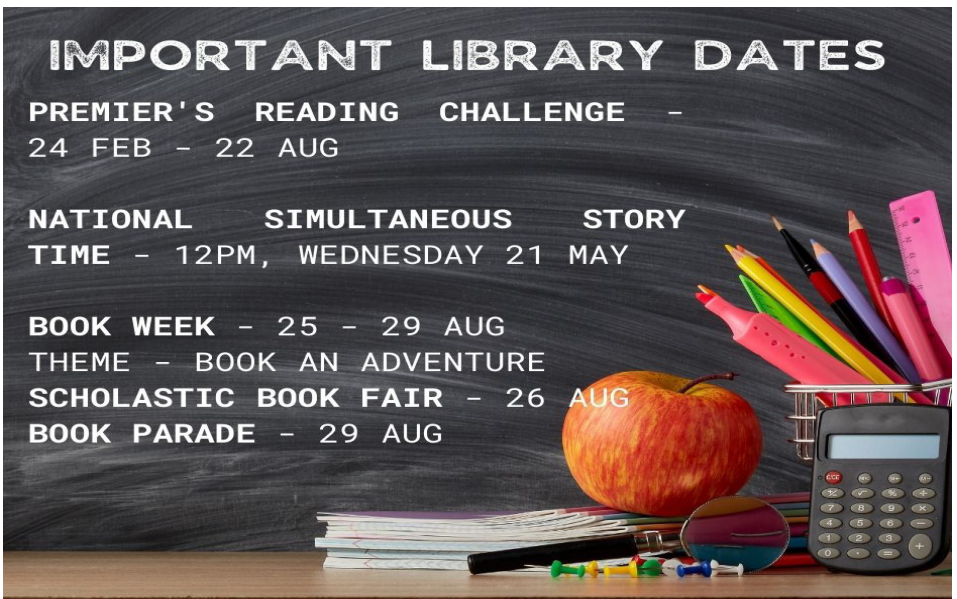
**NATIONAL SIMULTANEOUS STORY TIME** - 12PM, WEDNESDAY 21 MAY

**BOOK WEEK** - 25 - 29 AUG

**THEME** - BOOK AN ADVENTURE

**SCHOLASTIC BOOK FAIR** - 26 AUG

**BOOK PARADE** - 29 AUG





## Harmony Day



## P&C News

Complete our Fundraising survey <https://forms.gle/UkURpvtebGCMph3V8> for your child to receive a zooper dooper during the last week of Term 1!

Enter the draw for a \$50 Uniform voucher, contribute now! Winner announced last day of term!

<https://wauchope-public-school-pc.square.site/2025-general-contribution>

## Up and coming events

Thursday 10 April

P&C General meeting

Friday 11 April

Mega Easter Raffle draw - its going to be EGG -citing!

May

Mothers Day Stall and Breakfast events- let's celebrate the special Women in our lives

The P&C welcomes our new fabulous sponsor:



And thank you to the below local businesses for their recent donations:

Wauchope Show Society

Billabong Zoo

Wildnets



2025 Sponsorship Opportunities

Do you know a local Business that would like to sponsor a P&C Event this year? Every year Wauchope Public School P&C Association hosts several fundraising events to support and assist in our objectives for the School Community.

This years events include:  
 Mother's Day Breakfast  
 Mother's Day Stall  
 Father's Day Breakfast  
 Father's Day Stall

Easter Raffle Easter Egg Drop for K-2 Kindergarten  
 Major Fundraiser event  
 Grandparents Morning Tea  
 Christmas Raffle

contact us via [wauchopepsandc@gmail.com](mailto:wauchopepsandc@gmail.com)




Wauchope Public School P&C ASSOCIATION

# EASTER RAFFLE

**DRAWN FRIDAY 11 APRIL 10AM**  
 TICKETS ARE \$2 EACH!

**MAJOR PRIZES**

- MEGA BASKET
- WAUCHOPE SHOW FAMILY PASS
- BILLABONG ZOO FAMILY PASS
- \$50 BUNNINGS VOUCHER
- MEGA EASTER EGG PACK
- 2 X LARGE BASKETS
- WAUCHOPE RSL \$50 VOUCHER
- \$25 TOY WORLD VOUCHER
- LARGE EASTER EGG PACK
- 2 X EASTER BASKETS
- \$25 TOY WORLD VOUCHER
- EASTER EGG PACK

PLUS LOADS OF EASTER EGG AND CRAFT PACKS!

[HTTPS://WWW.RAFFLETIX.COM.AU/?REF=U9NA9](https://www.raffletix.com.au/?ref=U9NA9)

PAPER TICKETS AVAILABLE AT SCHOOL OFFICE  
 \*ADDITIONAL PRIZES MAY BECOME AVAILBLE BASED ON DONATIONS RECEIVED!



## Dental Presentations

I bet every student brushes their teeth tonight. All students attended Dental presentations today about the importance of regular brushing and looking after their teeth.



## K-2 Cross Country Carnival

