



Wauchope High School Newsletter

Bago Community of Schools



Calendar of events

CAPA Night	Tuesday 1st December 7pm
Year 7 2016 Orientation Day	Thursday 3rd December
Sports Assembly	Monday 7th December
Presentation Night	Thursday 10th December

From the Principal:

This week has been one of the busiest weeks of the year for students and staff at Wauchope High School. We have seen students participating in the Regional Heats for the Worldskills VET in Schools competition as well as all of Year 8 giving their final presentations of their MindMatters projects. I also had the pleasure of listening to students from 7-2 present their findings and recommendations to the school from their Waste Project.

I would also like to congratulate all those students who continue to excel in their ongoing sporting endeavours and in their pursuit of the Creative and Performing Arts. A number of the male members of staff have also been working hard to ensure that the school proudly demonstrates its support for the national Movember Campaign. Don't forget to assist where you can in the fundraising activity next Monday for the Beyond Blue foundation.

I would like to make a special mention of the work that our Year 8 students have put into their Mind Matters projects. It has been very interesting to see the range of projects that have been developed by the students throughout the year and the final products that form part of their all-important presentation. The parents that have been able to be a part of the presentation have certainly walked away impressed by the depth of knowledge developed and the way our students are able to communicate their ideas and understanding of their chosen topic.

The marking of these projects is a mammoth task and I would like to thank all the staff involved. Some staff have made themselves available until 6 pm every night this week to enable students to present their work in the presence of their parents. Well done and congratulations to all involved.

As the school year races towards its close for students on Wednesday 16 December I like to remind you of the important messages I have been giving throughout the year in relation to attendance. It is my expectation that all students are at school every day and in every lesson. Every time a child is allowed to have the day off or is allowed to leave early without an appropriate reason we actually disadvantage them in terms of their success in their learning. Our aim for every student must be 100% attendance if they are to achieve their true and full potential. I thank you for your support in achieving this aim for your child.

Wauchope High School views Wednesday afternoon sport as an opportunity for students to develop 'Body Intelligence', team working and social skills critical for them to be a successful part of our community into the future. This is reflected in the fact that Sport is a mandatory part of the curriculum for all students in Years 7-10. When students miss sport this time is recorded as an absence and could impact on their eligibility for the award of a Record of School Achievement (ROSA). While we acknowledge the difficulty of being able to always get medical appointments outside of school hours I would ask that you support the school and its attendance policy by trying to do this wherever possible. If your child is unable to participate in their regular sport on any particular day because of injuries we can arrange for them to be at school and supervised in an alternative activity until such times as they are able to return to their regular sport.

Regards Glen Sawle

Email : wauchope-h.school@det.nsw.edu.au

website: <http://www.wauchope-h.schools.nsw.edu.au>

Term 4 Week 8

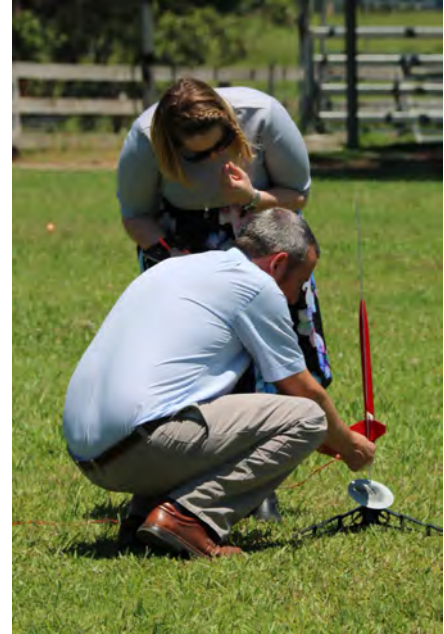
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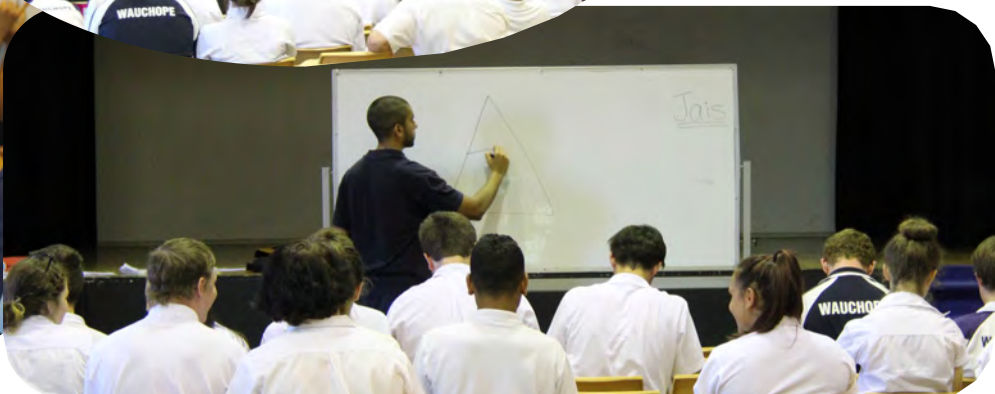
Canteen Roster

Mon 30/11	R Williams
Tue 1/12	L McKenzie
Wed 2/12	K Williams
Thu 3/12	D Copland
Fri 4/12	C Harris
Mon 7/12	D Lloyd
Tue 8/12	P Treacy
Wed 9/12	J McKay
Thu 10/12	C Wade
Fri 11/12	J Emanuel

At the recent Science CLN Meeting held at Wauchope High School the teaching staff were shown the finer points of rocket launching by Mr Mick Eichler



Elevate Study Skills
Meanwhile, Years 10 and 11 were learning study skills to help them with their Preliminary and HSC studies.



Worldskills



On Wednesday, Wauchope High hosted a regional heat for the Worldskills VET in Schools competition. Students Zac Flanagan, Lucas Flanagan and Joshua Bannerman represented the school in the Worldskills Carpentry division. The competition was facilitated by Mr Weatherby and Judged by Ian Chegwidan from North Coast TAFE institute (shop fitting and carpentry section).

The field of seven students included Wauchope High Students as well as students from Newman Senior Technical College in Port Macquarie and Hunter Trade College in Maitland. The seven students included students undertaking VET Construction as part of their HSC as well as students completing school based apprenticeships.

The day was a fierce competition with each student building a Cabinet Makers Saw Horse in 7 hours.

This is the first time a local school from the Wauchope/Hastings

area has competed in Worldskills Carpentry in 5 years so a big Congratulations to Zac, Lucas and Josh for their achievement on the day.

Though the day was won by students from Hunter Trade College and Newman college, a big congratulations goes to Zac Flanagan for taking 4th place in the regional heat.

Worldskills is a highly respected international level competition and it's great to see Wauchope High School represented in the comp. Worldskills is open to all Year 11 VET students and can be entered during year 11.





Luna Park

It's that time of year again when Year 7 & 8 students at WHS are rewarded for their efforts in Mathematics. Invites are in the process of being handed out to the students who the Mathematics staff feel have worked well throughout 2015.

This is not a compulsory excursion but a reward. There is, however, mathematics work to be completed on the day by all participants who must complete a

booklet of exercises whilst going on the many rides at the venue.

If your child receives an invite then you must complete the bottom of the invite and return the bottom portion on **Tuesday 1st December at Lunch 1**. They will not be accepted beforehand. Each student must line up outside the Mathematics staffroom where the first 90 students will receive a permission slip and any student thereafter will be placed on the reserve list.

With reference to the school's attendance policy, those students with an attendance level of less than 85% are ineligible to attend.

Those 90 students must pay their **\$80** and return the permission slip and medical form to the front office by **Monday 7th December** or a reserve student will take their place.

The excursion is on **Friday 11th December** and the bus departs from the school at **5am**. The expected time of return is **10:30pm**. We have found in the past that this time can vary due to traffic and the length of stop for dinner on our way home.

If your child has any injuries prior to the event, e.g. broken bones or recent surgery, then they will not be able to partake in any of the rides at the venue due to the risk of further injury.

If you have any questions, please contact Mr Grimson at WHS on 6585 – 1400.

Year 7 Waste Project

What a fantastic celebration! Students in 7.2 presented the results of their waste project. They have been looking at sustainability across English, Maths, Science and visual Arts. Their presentation was a culmination of four weeks work. On the day students presented the principal with a proposal for recycling at Wauchope High School. They enthusiastically responded to the cross curriculum unit of work and shared their learning with parents on the day.



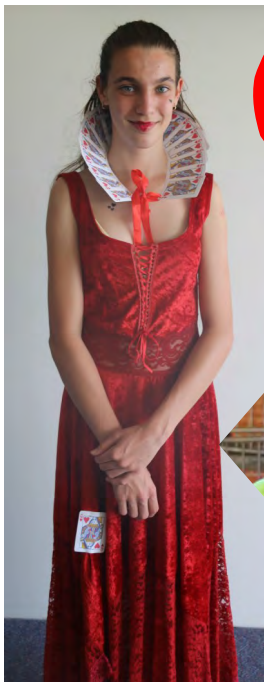
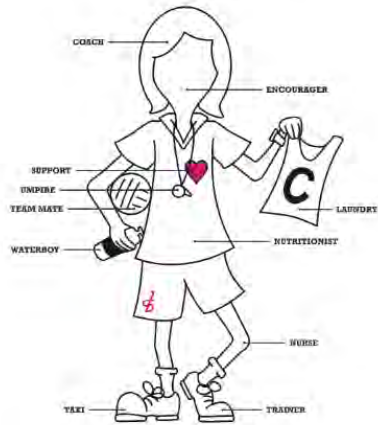
Our Fantastic Netballers (and their mums)

Thank you for your support of our team, you are amazing



THE NETBALL MUM

52-16 was the final score against Woolgoolga High School, our girls will go on to the Regional Final Term 1 2016. Well done girls and coach Mrs Broderick.



Our last Social for the year and the theme was "Aces, Kings, Queens, Jacks and Jills"



NSW All Schools Cross Country Mountain Bike Championships - 2015

2015 was a record year for Wauchope High Schools Mountain Bike Team. We were represented by 15 students who were keen to test their skills against an unknown field of students from all over the state. The weekend started on Saturday with a visit to Old Mans Valley Mtb Park in Hornsby where our students had the opportunity ride some of the best trails Sydney has to offer. An early start on Sunday morning saw our team load the bike trailer once again ready for race day. The focus for the morning was on hydration and nutrition before the teams event where they raced around a five km track.

For the fifth year in a row we managed to get a team on the podium. Kayley, Jayden, Billy and Jacob came third in the mixed junior teams category. Well done to all of our Mountain Bike Team members. Team members for 2015 were Brad, Zarn, Corey, Zac, Lucas, Ryan, Lachlan, Julian, Kai, Brock, Beau with, Jayden, Kayley, Jacob, Billy.

Thanks to Mr Bromfield and Mr Leighton for donating your valuable time on your weekend. Mr Drago



Congratulations Stephanie



Stephanie attended the National Physical Culture Championships at the Opera House last weekend and came 5th in her age group. That makes her 5th in Australia for her age group.
You are amazing Stephanie!

Don't forget Crazy Hat Monday



Those Marvellous Men with their Motley Mo's raising money for Movember

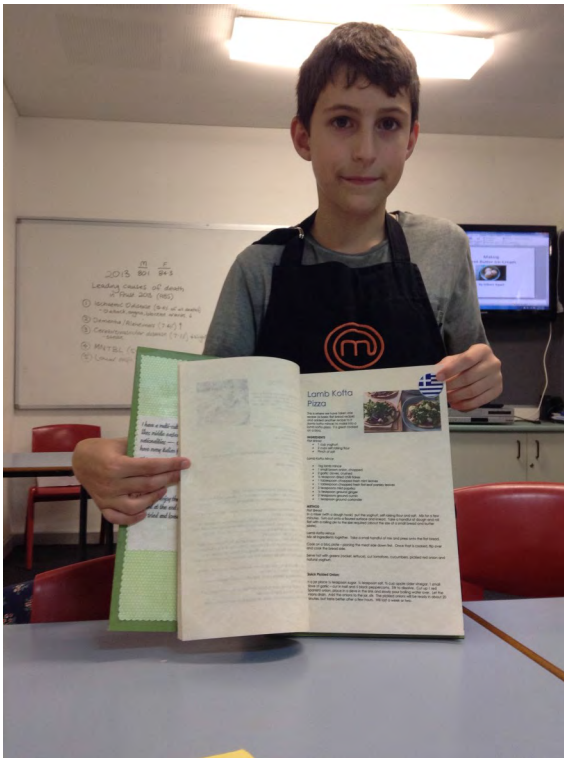
A number of Wauchope High School staff have been growing extra facial hair to support the Movember Foundation, which raises money each year to assist Beyond Blue and men's health research. On Monday 30th November, a Crazy Hat day will be held, in which students and staff can wear a fun hat, and donate a gold coin towards the Wauchope High fundraising effort. A prize for the best hat will be awarded on the day. Some of the staff growing a moustache during Movember include Mr Halliday, Mr Clayworth, Mr Palmer, Mr Grimson and Mr Hancock.



Support for Parents using NewAccess - a beyondblue initiative

NewAccess - a beyondblue initiative is a FREE coaching program auspiced by North Coast Primary Health Network and funded by beyondblue and the Movember Foundation. It offers FREE support for people aged 18+ years who are not already receiving support from a mental health professional. The program operates from Tweed Heads to Port Macquarie and many small communities in between such as Wauchope and Kempsey.

Simply by getting in touch with a NewAccess Coach, parents can have up to six support sessions to set goals and help change negative feelings. People can self-refer but sometimes find it hard to take that 'first step' and most often, referrals are supported by a health professional, community service worker or a GP. With the option of phone or face-to-face sessions, NewAccess offers a convenient solution to get people early support where they can learn practical strategies to help with life pressures. For more information about the program, please visit beyondblue.org.au/NewAccessCoach



MIND MATTERS
 This week Year 8 have been presenting their Mind Matters projects. There have been amazing presentations about cooking, cameras, motorbikes and melanoma just to name a few. This is just a taster, there will be a full roundup in the next newsletter.



The Uniform Shop



The uniform shop will be open on the following days during January and February 2016;
 Saturday 23rd January (8:30 to 9:30am)
 Thursday 28th January (8:30 to 9:30am)
 Friday 29th January (8:30 to 9:30am)
 Saturday 30th January (8:30 to 9:30am)
 Monday 1st to Friday 5th February (8:30 to 9:30am)
 Then back to the regular times of Monday and Friday (8:30am to 9am)



Year 10 Food Technology Christmas Hampers



Mrs Bloomfield's Year 10 Food Technology class have been busy over the past few weeks making sweets and preserving to build their Christmas hampers. And don't they look fabulous! Great work !



Year 6 Transition Program

Year 6 students from Wauchope Public School visited the farm today as part of our transitioning program. Mr Starr showed the students how to tie a halter and lead the calves. The students also checked out the other farm animals and the tractors. A great morning for everyone.



Absence From School

A note must be provided for all absences and late arrivals within 7 days of the absence.

Reporting an Absence

1. Phone the School - 6585 1400
2. Email - email the School email address: wauchope-h.school@det.nsw.edu.au
3. Note - send in a note with your child to give to the office. Be sure to put your child's first and last name on the note.
4. Visit the School and advise the office ladies
5. If the School does not hear from you we will make contact by phone or by mail. Absentee letters will be mailed to you to complete and return to the school so all absences are justified. Unjustified absences can result in other agencies making contact with parents, (Home School Liaison Officers and Police).

A small number of absences may be accepted by the principal. For example, if your child

- ◆ is too sick to go to school or has an infectious illness
- ◆ is required to attend an exceptional or urgent family circumstance (e.g. a funeral)
- ◆ has an unavoidable medical appointment
- ◆ has to attend a special religious or cultural ceremony/holiday

If a student is to be away for a period of 10 days or more (e.g. surgery, student exchange) parents must complete an "Application for Extended Leave" or an "Application for Exemption from Attendance at School" form which is available from the school. Families are encouraged to take holidays during school holidays as absences relating to travel will be marked as leave/unjustified and therefore contribute to your child's total absences. The Principal will consider your application and decide whether to grant a 'Certificate of Exemption from Attendance at School'.

Under the Education Act, All children between 6 - 17 years of age are legally required to attend school, every day that school is open for instruction, and where they are absent have a legal requirement to notify school within 7 days.



Taking control of your asthma

It's important that your asthma is well managed so that you can live your life to the full and do all the activities you want to. The aim of asthma management is to achieve best control.



Click here for more information



[http://www.asthmaaustralia.org.au/About_Asthma/
Taking_control_of_your_asthma.aspx](http://www.asthmaaustralia.org.au/About_Asthma/Taking_control_of_your_asthma.aspx)



Wauchope Netball Club Registration Days

Where: Basketball Stadium, Cameron Street, Wauchope

When: Saturday 6th February and 13th February 9am till 12 noon

Age Groups: Net Set Go - 5 to 6 year olds Return Netta - 7 to 9 year olds

Competitive - turning 10 to 18 year olds Seniors - Monday nights

Umpires and coaches needed

New and second hand uniforms available on the day

For more information contact Kim Thompson : 0408861898

WAUCHOPE CANTEEN MENU

SANDWICHES/ROLLS

Cheese/Tomato	\$3.00
Egg/Lettuce/Mayo	\$3.00
Chicken/Lettuce/Mayo	\$3.00
Ham/Cheese/Tomato	\$3.50
Salad (Lettuce/Tom/Beetroot/Cucumber/Carrot)	\$3.50
Salad + Ham/Chicken/Cheese/Egg/Tuna	\$4.00

WRAPS

Chicken lettuce & Mayo (cold)	\$3.00
Ham or Chicken Salad (cold)	\$4.00
Ham/Cheese/Tomato (hot)	\$3.50
Chicken/Cheese/Chilli (hot)	\$3.50

FOCCACIA/TOASTED

Ham/Cheese/Avocado	\$4.00
Chicken/Cheese/Tomato	\$4.00

HOT FOOD

Bacon/Egg Roll/BBQ sauce	\$3.50
Beef Cheese Burger/BBQ sauce	\$3.50
Beef Cheese Burger/Lettuce/Tomato/Beetroot	\$4.50
Chicken Stix (Plain or S&P)	\$2.50
Pizza (H&P)/(C&B)/(Meat Lovers)	\$3.00
Plain Beef Pie/Pepper Beef Pie	\$3.00
(All Other Assorted Pies)	\$3.50
Potato Wedges with Chilli & Sour Cream	\$2.50
Cheese/Bacon Roll	\$2.00
Chicken/Gravy Roll	\$3.00
Chicken Wedges	\$3.00
Chicken Chilli/Lettuce/Mayo Burger	\$3.50
Chilli or S & V Tender	\$1.50
Fried Rice (GF) + (V)	\$3.50
Small Steak Pie	\$2.00
Sausage Roll	\$2.50
Spinach Roll	\$3.00

DRINKS

Just Juice Popper	\$1.50
Small Plain Milk	\$1.00
Large Plain Milk	\$2.00
Small Flav Milk	\$2.50
Large Flav Milk	\$3.50
Thick shakes	\$3.50
Small Juice	\$2.50
Large Juice	\$3.00
Water	\$2.00

SALADS

Small Tossed	\$2.50
Large Tossed+Meat	\$4.00
Caesar Egg/Chicken	\$4.00
Greek+Olives & Fetta	\$4.00
Chicken Pasta	\$4.00

FREEZER/FRIDGE

Quelch Sticks	\$.50
Orange Juice Cups	\$.80
Plain Ice Cream Tub	\$1.20
Callipo	\$1.20
Paddle Pops	\$1.50
Chocolate Tub	\$2.00
Yoghurts	\$2.00
Jelly/Custard Cup	\$2.00
Fruit Salad	\$3.00

EXTRA'S

Tomato/BBQ Sauce	\$.30
Licorice (GF)	\$.20
Nutella (GF)	\$.60
Sunfruits/Pandas	\$.60
Chips	\$1.00
Custard Tart	\$1.00
Cake/Muffin	\$1.00
Finger Bun	\$1.50

Please note: Please pre-order Vegetarian Fried Rice