State Champions!

Well almost. Congratulations to our terrific, tenacious, talented touch football team. The boys came third in the State in the PSSA State Knockout competition. This is a brilliant achievement. Sensational! The boys played in very hot conditions in Penrith on Monday and played very well. They won their first game but went down in the semi-final. Thank you to our wonderfully supportive parents and to coach, Mr Sallustio. A full report is included in this week’s newsletter on page 3.

Kinder Start
Our Kinder Start program will commence next week on 3 November 2014 until 7 November. I would like to invite parents to attend a display, short information session, school tour and cup of tea on Tuesday 4 November 2014. This will be a great opportunity to meet WPS staff, ask questions and see what great things are on offer for your children in 2015. The Information session will be between 6:00pm and 7:00pm in the school hall. It will also be an opportunity to ensure all enrolment forms have been completed. All new Kindergarten children who have returned their enrolment form will receive a free shirt with our emblem and the phrase:
Get ready Wauchope Public. I’m on my way!
WPS staff will be on hand to assist with any enrolment enquires.

Bus Travel
Please have a discussion with you child about the importance of entering the school grounds as soon as they arrive at school. We cannot assure their safety if they do not do this.

Good Manners
It is disappointing that I have to mention this as it probably applies to 1% of our school community. As you know we have a constant focus on instilling manners, respect and staying calm with our children. I request that this also applies to adults. Our office staff are the first point of call for parents via the phone, email or in person. They are simply the messengers. They pass messages on and try to assist children, staff and parents. If they don’t know the answer, they give a message to the person who does. They really don’t deserve to be spoken to rudely. Thank you in advance for your assistance with this matter. Once again it is a very small number of incidents but I would prefer that there wasn’t any occasions where school staff are treated badly.

Music Count Us In

The entire school sang ‘Paint You a Song’ this morning at 10.45. The boys and girls sounded amazing. Students across Australia are singing the same song. One of our ex students co-wrote this beautiful song.

2015 Class Formations
The staff at WPS have begun the process of forming classes for 2015. It is crucial that we have as much information as possible when we are forming these proposed classes. If you know your personal circumstances (e.g. possibly work related) have changed and you will no longer have your child attending WPS then please let us know as soon as possible. Alternatively, if you have a child starting Kindergarten in 2015 or you know families who are in this situation please complete and submit an enrolment form now so your child is
placed in a class. Student numbers at the commencement of the school year are vital and dictate our level of staffing. I would also invite parents to submit in writing any special requests regarding their child’s class placement for 2015 in writing addressed to myself (not the class teacher) before the end of Week 5, 7 November 2014. All requests will be taken into consideration when forming classes. However, there are no guarantees. Staff will be putting a lot of effort and time into ensuring that all classes are as balanced as possible taking into consideration factors such as academic levels, social development, relationships, behaviour, and male/female.

Stage 2 Milo Cricket

Stage 2 had a great day of cricket at Andrews Park on Tuesday. Thank you Mr Nicholson for organising this activity and stage 2 staff.

Cameron Osborne

17 - 28 November ☎️ Swimming Scheme
25 – 29 November ☎️ Schools Spectacular
Friday 28 November ☎️ School Spectacular Day excursion
Wednesday 3 December ☎️ K-2 Presentation Day
☎️ High School Orientation Day
Thursday 4 December ☎️ Years 3-6 Presentation Day
Tuesday 9 December ☎️ Stage 3 Pool Party
Wednesday 10 December ☎️ Stage 2 Pool Party
Thursday 11 December ☎️ Year 6 Farewell
☎️ Scripture finishes
Friday 12 December ☎️ Talent Quest - Reward Day
Wednesday 17 December ☎️ Last Day of Term 4 for students
18 - 19 December ☎️ Staff Development Days

Assembly Awards

Wauchope Wonder
Dion M - KJB
Jesse H - KLB

Merit Awards
KLB - Ariana B, Brandon A
KJB - Lila L, Alyssa B
KMM - Matty Ah-See D, Malachi G
KLF - Lola B, Jacob K
KDB - Davis G, Reily T

Citizen of the Week
KLB - Kye D
KJB - Tori K
KMM - Taylah H
KLF - Candice O
KDB - Billy S

Work of the Week
KLB - Preston C
KJB - Jordan C
KMM - Jenna Rose P
KLF - Zachary O
KDB - Mia H

Book Club News
All book club orders are due back to school by Thursday 30 October please.
Thank you to everyone who continues to order from book club. Happy reading. Lynda Stewart
PS. Please put children’s name and class on order forms - thank you.
Touch Football

On Monday the boys touch football team travelled to Penrith to compete in the quarter finals of the PSSA touch football knockout competition. A total of 391 boys teams entered the PSSA touch football knockout this year and our boys successfully made it to the top 8 finals. This is a huge achievement for the boys, one that they should be immensely proud of. Our first game at the state championships was against a very skilled team from Wamberal Public School. The boys came out firing with some great drives and potent attack. Wauchope ran out eventual winners 5-2 with tries to Lachlan W (2), Jack P, Hayden H and Cooper B. The semi-final game was against a well coached team from Anna Bay Public School. The opposition was continually driving and making ground and we went into halftime behind 4-2. The game was competitive throughout and it gave the supporters something to cheer for as it was neck and neck most of the game until Anna Bay eventually succeeded in a few late tries to the corners. Our Wauchope boys didn't give up and continued to battle to the last whistle. Wauchope fell to Anna Bay 10-4 but the score wasn’t a true indication of how close the game was. Tries in the semi final went to Jack P (2), Corey H and Hayden H. All of the boys gave their absolute best and should be proud of their achievements. Overall the team finished equal 3rd in NSW, WOW!!!

Thank you to all the parents who have been fantastic in supporting and assisting with transport.

Mr Sallustio

Osmosis Calendar Competition

Abbie Trotter of 5/6WH was presented with her awards at the Glasshouse on Sunday 22 November as part of the 2015 Osmosis calendar competition.

Broken Bago Day Club

Last Thursday was a rather special event for 75 students from Yrs 3-6. Class members of 5/6JP, the 3/4 Dance Group and the Opera House Choir were invited to perform at a meeting of the Broken Bago Day Club at Wauchope RSL.

The Choir sang five beautiful songs, the Dance Group dazzled with their dance and 5/6JP presented every member of the audience with a lovely gift which they had made at school. It really was a wonderful opportunity to give community service and the enthusiastic response by the audience showed how much they enjoyed the children's efforts.

The teachers, Mrs Brassey, Mrs Pounds and Mrs Dignum, who prepared and accompanied the groups were so proud of all the students and thank them for their great attitudes and cooperation. As we were about to depart we were presented with an unexpected but much appreciated donation of $130.00 by members of the Day Club. This donation will be used to support Creative and Performing Arts at WPS.
Wauchope High School 2015 Applications
Stage 4 Gifted and Talented Class
In 2015 Wauchope High School will be forming a Stage 4 Gifted and Talented class. This class will be a combined group of students from Years 7 and 8 who will undertake a true G&T program of learning with teachers trained in the delivery of G&T experiences and opportunities. Entry into this class will be offered on the basis of student performance on a selection test.

The class will undertake their studies in a range of modes suited to G&T students including a compacted curriculum mode and acceleration. Students will also explore stimulating and challenging material beyond the syllabus, engage in self-directed project based learning as well as team based and individualised project work.

If you wish your child to be considered for placement in the 2015 Stage 4 Gifted and Talented class you will need to complete an application form, which should arrive in the post in coming days or can be obtained from the front office at Wauchope High School. You will also need to arrange for your child to be present at Wauchope High School for the selection tests which will take place on Friday 14 November from 9 am – 11 am in the school hall.

I apologise for the delay in notifying you of this opportunity, however, we wanted to ensure that what we structured for 2015 was of the highest quality and standard possible before proceeding. If you would like to discuss your child’s enrolment at the school or an application for the 2015 G&T class please feel free to contact the school on 6585 1400 to arrange an appointment.

Regards
Glen Sawle; M.Ed, B.Sc.- Principal

Helping kids have a good night sleep
What can prevent a good night's sleep?
☼ Too much stress
☼ Computer/Tablet/Phone screens
Try turning them off an hour before bedtime, they emit a light that keeps you awake.
☼ Messed up body clock – different wake and sleep times with no routine
☼ Caffeine – any type…including energy drinks and chocolate!

What prevents a good night sleep?
If sleep goes wrong…
In the short term
☼ Sleepiness and fatigue
☼ Impaired ability to keep new memories
☼ Increased chance of getting sick
☼ More emotional
☼ Hyperactivity in young children

In the long term
☼ Increased risk of sickness
☼ Impaired attentiveness
☼ Increased risk of mental health problems (anxiety depression etc.)

What can HELP a good night’s sleep?
☼ A calming bedtime routine
Try a warm bath or shower, followed by a glass of milk (it has sleepy properties) and a book or quiet music.
☼ Give your child space to discuss any stresses
Don't push them for information, but give them the opportunity with to talk about anything that is worrying them and try and resolve it before sleep.
☼ Kick start the day
Wake up at around the same time and let the sunshine in! It helps reset the body clock. Open up the curtains in your child’s room.
☼ Get active
This will help the need for sleep build and make it easier for the kids to get to sleep that night.
☼ Try not to nap
Especially for kids over 5 years, this will help them be tired enough to get to sleep easily.

Resources: Orygen Youth Health www.oyh.org.au, CIRUS Centre for Integral Research and Understanding of Sleep.
Written by Fiona Harvey, School Counsellor, Wauchope PS

P & C Canteen News
Canteen Roster Term 4 Week 5
Monday 3 Jacki
Tuesday 4 H Fraser
Wednesday 5 M Costello
Thursday 6 S Campbell
Friday 7 D Partridge, A-M Campbell & J Graham

Thank you for all your support.
In case you are unable to work on your allocated day please contact the Canteen Manager, Mrs Nicole O’Hagan prior to the day you are working, to enable her to organise a replacement.

Thank You P&C Association
REMEMBER TOGETHER WE CAN MAKE A DIFFERENCE TO OUR SCHOOL

Canteen - Term 4 Specials
Kings fried rice with bottle of water $4.00
Lasagne with bottle of water $4.00
Smoked salmon wrap with salad of choice $4.00
Bacon roll with flavoured milk $3.00
Until stock runs out - ENJOY
WOOSH News

Term 4 Pupil Free days, January Vacation Care, Term 1 Pupil Free day and After School Care Term 1 2015 dates are as follows:

- Term 4 Pupil Free Days- Thursday 18 and Friday 19 December 2014
- After School Care 2015
- January Vacation Care - Monday 5 January to Friday 23 January.
- Pupil Free Day – Tuesday January 27

These are up 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 alternately give Alex a ring at the centre. The closing date for registration is Monday 1 December 2014, except the After School care 2015 & Pupil free day 27 January has a closing date 5 January 2015. As we have to undergo a priority procedure, please phone Miss Alex on 0412 852 441 at the centre for availability after Tuesday 2 December 2014.

Thank you, the Woosh Committee

Socks Socks Socks Socks Socks Socks Socks Socks Socks Socks Socks Socks

Order Form

Name: __________________________________________
Class: _________________________________________
Contact Phone Number: _________________________
Quantity: _______________________________________
Total Cost: _________________________________

Style
Ankle - $6.00
Low Sport $4.00
Size 3-8 and 9.11

Payment Method cash/eftpos

Total: _________________________________________

Received by: _________________________________
Canteen use only

Signed: _______________________________________
Date: _________________________________________

Community News

Camden Haven Triathlon Festival 22/23 November
Junior races to suit all ages and abilities from 1pm Saturday along with an ocean swim and senior/teams sprint triathlon on Sunday morning.

For more information and entry forms visit www.portmactriclub.com.au

Sailability Port Macquarie

This program commenced in 2012 and is a volunteer organisation dedicated to providing sailing for people with disabilities, regardless of age, gender or disability.

The main boat used in the program is the Access 303. It is sailed by one qualified adult and a participant.

Sailability is run by the Rotary Clubs throughout NSW and we thank them for availing themselves to provide this amazing activity.

Paul W, Connor O, Alfie E, Nicole C, Malaki C, Reg G, Jackson W, Josh M, Brook H, Sam E and James-Lee T have all attended the program in the last two weeks. Wauchope PS is the first primary school in the area to be invited into the program.

We would also like to thank Mr D, Mrs Sue, Mrs Anthony who are supporting the students by transporting them to Port Macquarie each week.

Excellence, Opportunity and Success