Students in Years 5 and 6 will participate in free skipping workshops tomorrow as part of the Jump Rope for Heart program. The big jump off is on Friday 21 August.

Disabled Car Park
Please don’t park in this car space if you are not disabled or you are not picking up a disabled child. Please don’t park and leave your car in the drop and kiss spaces at the front of the school on Waugh Street. The idea of these spots is for parents to pick up children only, then drive off and give another parent the same opportunity to pick up their children.

Glasshouse
Year 2 had a great experience at the Glasshouse on Tuesday. Thank you Year 2 teachers for making this experience possible.

Ten cybersafety tips every parent should know
Keeping your kids safe online is easy with a few simple precautions.
1. Nothing replaces parental supervision and education for kids about cybersafety.
2. Set a technology curfew.
3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.

4. If your child posts photos online, use privacy settings to limit access to people they know well.

5. Remind your child that people don’t always tell the truth online, and they can’t take anything at face value.

6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.

7. If they get a message or email that’s threatening or rude, they should ‘STOP, BLOCK, TELL’. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.

8. Never click on any links that are contained in emails from people they don’t know. As well as sexual content, they could contain a computer virus.

9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.

10. Your child will be using computers and the technology for the rest of their lives – you’re in the great position of being able to get them off to a safe, positive start.

Cameron Osborne

Kindergarten Assembly Awards Week 5
K-6AP - Nash J
KDB - Alena D & Rella G
KJB - Jackson R & Max H
KJL - Anastasia H & Sam H
KL B - Jai T & Alyssa S
KMM - Alicia N & Charlotte C

Citizen of the Week
KDB - Ella D
KJB - Bella M
KJL - Joelie S
KL B - Jeremy F
KMM - Savannah S

Work of the Week
KJB - Kalan C
KJL - Sienna P-R
KL B - Addison R
KMM - Riley C

Artwork Display

Jump Rope For Heart
Well done to all our students who are already collecting sponsors for our Jump Off day! It has been great to see so many Wauchope children getting out and trying new skills. I have seen cross overs, double unders and even double dutch! During week 5, some of our senior classes will participate in some skipping workshops provided by the National Heart Foundation. Our Jump Off day is planned for Week 6. There’s still time to get more sponsors on your sponsorship form or online at: www.heartfoundation.org.au/sites/jumpropeforheart

Keep practising, Wauchope!! - Lisa Barnett
Healthy Harold

Even though ‘Healthy Harold’ has now left Wauchope PS he is still receiving LOTS of ‘fan’ mail from you all - if you want to stay in touch with him, you could always head to his website: https://www.healthyharold.org.au/adventure.

Also, DON’T forget to ‘challenge’ your family to be ‘Healthy’ for a week (or MORE) go to the Bupa Family Challenge and register to win great prizes!

Healthy Harold’s Super Snack Cards – Collect them all! The Bupa Family Challenge is all about helping your family create some simple, everyday habits to improve your health. To help get the kids excited about preparing quick, healthy snacks, Life Education and the Bupa dietician team have created a suite of Healthy Harold’s Super Snack Cards. There are four cards featuring fun and simple snack recipes to collect – try Ants on a Log, Capsicum Boats, Apple Race Cars or Fruit Rocketships! The snack cards also feature a family health quiz – learn some fun facts about food and nutrition together while preparing your snacks. Healthy Harold’s Super Snack Cards are now available to download. Simply register for the Bupa Family Challenge today using promo code RECIPE. Or, if your family is already registered for the Challenge, log in to your Family Profile. Cards are available to download from the Snack Card button on your family profile page. It’s all part of our commitment to help make it easier for you and your family to make lasting, healthy lifestyle changes!

Nourish Nepal

A HUGE ‘Thanks’ to the WONDERFULLY supportive Wauchope PS Staff who helped raise over $238 from Friday’s morning tea with donations collected going to the ‘Nourish Nepal’ campaign. Thanks Again - Leanne Goggin (Life Education Teacher)

Book Fair

We will be having a Book Fair this Term. The children will get the opportunity to make their Wish List from 2 September – 3 September. When we sell over $1000 worth of books our school benefits by getting a total of 30% of sales in free books.

The Book Fair will be held in the Library on Friday 4 September from 8am - 4pm.

Canteen News

Canteen Roster Term 3 Week 6

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<tr>
<th>Date</th>
<th>Roster</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Help Needed</td>
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<tr>
<td>Tuesday</td>
<td>Lisa M</td>
</tr>
<tr>
<td>Wednesday</td>
<td>S Reynolds</td>
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<tr>
<td>Thursday</td>
<td>J-L Hobson</td>
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<tr>
<td>Friday</td>
<td>L Wagner &amp; A-M Campbell</td>
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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.

P&C News

The next P & C meeting will be held tonight on Thursday 13 August commencing at 7.00pm.

Fete News

Sponsors for the Fete so far

- Wauchope Vets
- Hair Shenanigans
- Aromatics Wauchope
- MSP Photography
- East Port Veterinary Hospital
- Wauchope RSL club
- Bago Maze
- Pet Porposie Pool Coffs Harbour
- 5 Star Fitness Wauchope
- Taronga Zoo Sydney
- Spotlight Port Macquarie
- Billabong Koala Park
- Bago Tavern
- Port Macquarie McDonalds
- The Big Banana Coffs Harbour
- Powerhouse Museum
Gift Hampers
We are asking each child to bring in an item that will be used in our gift hampers at the school fete. Here are some suggestions that you may like to donate: hand towel, hand lotion, candles, bubble bath, soap bars, shampoo and conditioner, or any non perishable food items. Items can be left at the school’s front office. We thank you in advance for your generosity.

Thank you to all of our wonderful families who have donated second hand books, second hand toys and other bric-a-brac items. We greatly appreciate all of your help. We have now finished collecting these things and are following up on other items especially our gift hamper donations. We have a truck load of toys and books and much much more.

We are seeking volunteers for the day of the fete. If you can assist please contact Kaela or Jo on the number below, we are looking for assistance with craft, side show alley, haunted house and food stalls just to name a few.

If you would like any further information regarding the Fete please call Kaela 0427 250 395 or Jo 0417 852 777.

Book Club
The current Book Club Policy is due to be amended and updated as this has not been done since 2009. Once the completion of amendments has occurred and signed off by the P&C committee a copy of the updated policy will be available at the schools front office in the P&C box for anyone that wishes to view them.

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

Australian Martial Arts Competition (AMAC) Titles In Port Macquarie
Wauchope Public School students competed in the AMAC Titles in Port Macquarie on the 9 August. The competition was strong with a variety of styles on display.

Breanna K (5/6WH) came 2nd in Kata (display of Karate movements), 3rd in Sword, 4th in Freestyle Sparring and 3rd in team Kata. Mitchell M (5/6JP) did well with a strong performance to come 3rd in Sumo. Excellent performances were also done by Jack R (5/4AD), India E (5/6WH), Amarlie E (3MJ) and Mikaela R (5JF). What a great effort!
Go4Fun

FREE fun program for kids to become fitter healthier happier. Do you have children aged 7 to 13 years and worry they may be above healthy weight range?

Go4Fun provides a fun approach to learning skills for life. Each week involves fun games including free sessions at the local pool.
Mid North Coast families highly recommend the program, describing improvements in their children’s fitness, physical activity levels, nutrition and self-esteem.
A parent or carer must attend with their child.

REGISTER NOW FOR TERM 4!
Venue: Wauchope Indoor Stadium
Tuesdays
4.00 pm – 6.00 pm
Starting: October 13th
Register: Contact Go4Fun on 0199 744 900 or text 2404 745 645 for a call back. Register online at www.go4fun.com.au
Local contact: Margo Johnston P: 6562 0324

Super cool bento box

Ingredients:
✓ Kebab skewers,
✓ Brown ride crackers
✓ Strawberries to Serve

Pea Hummus (blend together):
- 1 cup frozen peas
- 200g canned chickpeas, drained
- 1 Tbsp. tahini, 2 Tbsp. lemon juice,
- 1 Tbsp. olive oil

Mini Skewers:
- 1 lebanese cucumber,
- 3 grape tomatoes,
- 30g piece of cheese

Ham, cheese and carrot wraps:
- 2 sundried tomato wraps
- 30g spreadable cream cheese,
- 60g shaved ham,
- 1 small carrot erated
Compulsory School Attendance
Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve educational success and to build a strong foundation for their future. NSW public schools work in partnership with parents to encourage and support regular attendance of children and youth. Attendance at school is critical. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of 6 and 16 years, and the minimum school leaving age. The Education Act 1990 makes it illegal for any child to be excluded from school, unless they have been excused by the Director of Education. The compulsory school age is enrolled and regularly attend school, or are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day and it is open for students.

The importance of arriving on time

Arriving at school and class on time:
- Ensures that students do not miss out on important learning activities scheduled early in the day.
- Helps students learn the importance of punctuality and time management.
- Gives students time to greet their friends before class begins.
- Reduces classroom disruption.

Late students are recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:
- Being sick, or having an infectious disease.
- Having an unavoidable medical appointment.
- Being required to attend a recognised religious holiday.
- Exceptional or urgent family circumstances (e.g., attending a funeral).

Following an absence from school, your child must ensure that within 7 days you provide your child’s school with a verbal or written explanation for the absence. Students who have not received an explanation from you within 7 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances, the principal will discuss their decision with you and the reasons why.

If a student misses as little as 8 days in a school term, by the end of primary school they’ll have missed over a year of school.

My child won’t go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school’s learning and support team or seeking advice from professionals. The problem may be related to the issue of the School attendance improvement plan.

What if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action when children of compulsory school age have unexplained or unjustified absences from school.

Some of the following actions may be undertaken:
- Compulsory Schooling Conference.
- Compulsory Schooling Order.

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents, and agencies will work together to develop an agreed plan (known as Undertakings) to support your child’s attendance.

The Children’s Court may apply to the Children’s Court for a Compulsory Schooling Order. The Children’s Court magistrates may order a Compulsory Schooling Conference to be convened.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental consent to contact specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child’s school principal. An Accommodation Form will need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child’s total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child’s school principal.

Further information regarding school attendance can be obtained from the following websites:


Do you need an interpreter? Interpreting services are available on request, including the hearing impaired. Services are available 24 hours a day, 7 days a week. Your child will not be charged for this service.

For further advice and questions, contact your educational services team:

T 131 836

Learning and Engagement Student Engagement & Intergenerational http://www.deeps.nsw.gov.au

T 02 934 519

For NSW Department of Education and Communities.