From the Principal:

We have seen some wonderful sporting successes from our Wauchope High School teams over the past 2 weeks with a number teams progressing to the last rounds of state-wide competition. Well done to all those students and coaches on their efforts so far and good luck in their push to the finals.

Next Week is Education Week and the school has a number of events taking place. On Tuesday 28 July we are running our Year 10 into Year 11 Subject Information night from 6 pm in the school library. This is a critical time for students as they decide on the subjects they will study over the next two years. Many students will be trying to make decisions that will impact on their future. To this end I strongly recommend that whatever they think they may like to do in the future that they keep their options open over the next two years.

My advice to students at this time will always be to:

- Attempt subjects at the highest level possible. Set your goals high and aspire to achieve the best you can.
- Do not exclude yourself from an ATAR before you are absolutely sure of that decision – you can change your mind later if you start out with a subject selection that enables you to access an ATAR – you cannot go the other way.
- Don’t let anyone tell you that you cannot achieve something – it is ultimately up to you. Remember we only ever really fail at something when we stop trying.

I look forward to seeing all of our Year 10 students at the night with their parents.

On Wednesday 29 July the school will be holding our 2015 NAIDOC Celebrations. Mel Jones has put together an exciting program of events on the day with a range of student workshops taking place from 11 am. We will also be using this day to launch the first stage of the School Yarning Circle Project. This project has been awarded funding, thanks to the work of our Junior AECG and will be further support by the school and our community. This will be a school and community project we will follow with keen interest over coming months. Mel can provide further information if needed.

I invite all parents of Year 11 and 12 students to take the opportunity to speak with your child’s teachers at the Years 11 & 12 Parent Teacher night on Thursday 30th July. Further details are available on our website.

On the 6th August we will be holding our Year 8 into Year 9 Subject Information evening from 6 pm – 7 pm. All students and their parents welcome.

Regards Glen Sawle

Email: wauchope-h.school@det.nsw.edu.au
website: http://www.wauchope-h.schools.nsw.edu.au
Wauchope High School
Year 10 into 11
Information Night

Tuesday 28th July 6pm in the School Library
Come along and be informed

Naidoc Celebrations on Wednesday 29th July
9.00 am Assembly whole school, parents and guests
10.00am Site tour for proposed Yarning Circle with JrAECG, students, Elders and guests
10.30 Aboriginal flag raising
Morning Tea
11.10 - 12.45 Activities, including Painting, Dance & Didge, School to TAFE, Story Telling/Yarning and more

WAUCHOPE HIGH SCHOOL
PARENT /TEACHER EVENING
Years 11 & 12
Thursday 30th July 4pm to 7pm
School Hall

We are using an online booking system
Please log onto www.schoolinterviews.com.au
School Event Code: T2K1R
If you are unable to access this site to make a booking, please call the school on 8585 1440 and the office staff can assist with your bookings.
Further information is available from the school’s website and newsletter.
Information will also be emailed to parents.
FUTURE PARENT TEACHER EVENINGS WILL BE HELD:
Years 7 – 10............ Term 4, Tuesday 29th October
Wauchope High School regains the Jack Parsons Memorial Shield

Final Score Wauchope 25 Cumberland 19

The 40th Wauchope V Cumberland Interschool visit concluded on a high note, after a scare late Thursday, when Cumberland High School took the lead in the point score, and looked like taking the Shield for the first time on Wauchope soil.

The visit began with a street parade on Wednesday morning through the CBD area, with the members of the two teams, along with current and ex-staff, marching to music and reciting their respective war-cries as they turned into Hastings Street. Thank you to the Wauchope Fire Brigade for providing both colour and protection for the marchers, and the various shop owners who decorated their shop fronts for the parade, which added to the atmosphere of the event.

Upon arrival at the school, the teams were greeted by the remainder of the Wauchope High student body, and the fantastic African Drumming group of students, put together by Mr Wayne Brennan. The Welcome Assembly was followed by an introduction to billets, and then the competition began in earnest.

On Wednesday afternoon, four rubbers were contested, with Wauchope gaining the early ascendancy with a crushing 38-0 win in the Junior Boys Rugby League, where Sam Ylias crossed for five tries. Wauchope also won the Mock Trial for the first time in some years, whilst Cumberland won a close Open Boys Soccer match 2-1, and there was a 1-all draw in the Open Girls Hockey, played on the turf at Port Macquarie.

This left the overall score at 5-3 after Day One, before both teams danced the night away at the Social, where the theme was “The Animals came Two-by-Two”. Some new friendships blossomed as the City-siders met their Country counterparts properly for the first time.

Day Two is always the pivotal day of competition, and with the weather gods smiling for a change, the full program of events was able to be completed. Wauchope again made a great start to the day, winning both the Boys and Girls Athletics, and then producing a dominant display in the Open Girls Touch to win 12-0. However, as has been the case in recent visits, Cumberland responded to take the Open Boys Touch 7-5, Open Girls Softball 22-3, Junior Boys Soccer 6-0 and Open Girls Netball 20-19 to level the overall scores at 11-all going into the evening program.

Wauchope’s highly accomplished Boys and Girls Volleyball teams put on a tremendous display to win both matches five rubbers to be contested on Friday.

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At the conclusion of the evening events (which took longer than expected), a 40th Anniversary Dinner was held at the Wauchope RSL Club. This was a terrific night where many ex-students and staff were able to get together and reminisce about their involvement in the 40-year history of the event.

Onto the final day of competition, and not even early showers could dampen the resolve of the Wauchope Boys and Girls Tennis players, Junior Netball, Open Rugby League and Open Girls Soccer teams, who pulled out all stops to edge ahead on Friday morning to ensure that Wauchope High School not only brought the Jack Parsons’ Memorial Shield back to Wauchope, but also to continue its unbeaten record at home. The Junior Girls Netball won 63-19, the Open Boys Touch 7-5, the Open Boys Rugby League 26-12 and the Open Girls Soccer 11-0 to complete a whitewash on Friday to provide the 25-19 scoreline.

At the final Assembly, Mr Neville Parsons presented the Jack Parsons Memorial Shield to the School Captains Willis Thompson and Eliza Colby. He then presented the Most Valuable Player awards to Willis and Larissa Ward for Wauchope, and Bradley Stevenson and Suzi Monaghan for Cumberland, before giving a special commemorative medal to the members of both teams and participating staff. Thank you to the Parsons family for their ongoing support of this event, and the businesses who sponsored the medals, including the Wauchope RSL and Hastings Cooperative.

Many new friendships were made and the tradition of ‘Friendship in Sport’ was carried through for another year. All of the participating students should be congratulated not only for their efforts, but also for the spirit and good sportsmanship displayed over the three days. Thank you also to all of those families that provided billets for the Cumberland students, as without your support the competition would not take place.

Thanks also to the Wauchope community for their involvement in both the street parade on Wednesday, the Anniversary Dinner on Thursday night, and at the various events throughout the three days of competition. Thank you finally to the staff and student helpers who made the event possible and ensured that it ran so smoothly.

Did you lose a camera tripod during the Cumberland Visit?
Please contact the school on 65 851400
**Zone Athletics**

Forty one students from Wauchope High School went to Nambucca Heads on Wednesday 15th July for the LNC Zone Athletics Carnival. Despite a delay on the highway due to an accident, the day was a great success, with Wauchope High finishing second overall in the total point score for the day. Twenty four of our students will now progress to the North Coast Carnival to be held at Coffs Harbour on July 31st, which is a spectacular achievement for our school. There are another four students who finished third in their events, and are Reserves for North Coast. The best performances on the day, in terms of qualification for North Coast, were from Rhianna (6 events), Nathan (6 events), Sam (5 events), Chloe, Logan and David (4 events).

Thanks to Mr Palmer, Mr Grimson, Mrs Halliday, Mrs Thornton and Mrs Moy for accompanying the team and running events on the day.

**Girl's U16's Rugby Team**

The Wauchope High School U16’s Girl’s rugby team are heading to Sydney on August 5 for the NSW Combined High School’s Rugby Championships to be held at Granville Park.

In 2012 the girls finished second in the state, in 2013 the girls were State Champions and in 2014 the girls finished second in the state all at the CHS level. In June of this year the girls finished 4th in the NSW Secondary Schools 7’s U16’s Girls Championships which was held at the Sydney Academy of Sport on June 10. This competition was for all schools (Public, Catholic and Independent) across NSW. In 2014 the girls finished second in this same tournament. A very impressive record.

Season 2015 has seen the Wauchope girls defeat Taree Christian College, Chatham High School, Port Macquarie High School, Bellingen High School, Narrabeen Sports High School, Westfields Sports High School and St Clare’s High School. The girls have scored 255 points and have had 80 points scored against them. This includes scoring 51 tries and having only 16 scored against them. A successful year so far.

The team has been blessed this year and in previous years by the support of the WHS P&C, the Wauchope Lions Club and the Port Macquarie Hastings Council Mayor’s Sporting Fund. Money donated from these organisations goes towards covering the cost of the two trips to Sydney and is greatly appreciated by the girls, their families and Wauchope High School. It is wonderful that community organisations are willing to support the girls over a continued period of time. A big thank you also to Brendon Francis of 5 Star Fitness Wauchope. Brendon has supported the girls through memberships.

A big thank you to Graham Sonter from the NSWRU who has helped with the training of the girls and who will travel with the team to Sydney to help with preparing the girls on game day. Thanks also to all our families who constantly support the team.

The girls have trained hard all year and will be putting in for the next couple of weeks. There is no reason why the girls won’t be in the mix this year as they head to Sydney to take on the best that the state has to offer.
On Friday the 26th of June, a troupe of Yr 10 Drama students took to Clarence Street Food Festival in Port Macquarie. The students donned white neutral masks and performed a ritualistic, evocative and powerful piece that featured the music of Led Zeppelin. A big congratulations to Brianna, Tarnay, Georgia, Aiden, Zeeanna, Isabella and Rose for their valiant efforts. The performance was beautifully topped off by a light shower of rain in the closing moments. Thanks to the ongoing support of the fabulous parents who make these types of experiences possible.

Mrs Jensen

We have had a pretty tough chess tousle this term. Lots of interest and certainly some high tension games. Congratulations must go to Jack, 1st, Brandon 2nd and Luke 3rd in Term 2 competition. The term 3 competition is well underway, however you can still be a part of it. Just come along any lunch time – except Wednesday to the library.

Year 11 Hospitality Work Placements

Year 11 Hospitality students have been completing their work placements in Wauchope. Thanks goes out to all of the fine establishments that assist our students into the work place.

Ocean Lee at the RSL

Tiffanie at Coffee on High

MJ at the Hastings Hotel

Karlie at Carolines Catering
Woolworths Earn and Learn 2015

Shoppers, we need you!!! Our school will be participating in the Woolworths Earn and Learn program, all proceeds going to our Support Unit. From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn and Learn stickers. This program gives schools the chance to earn new educational resources. All you need to do to make a difference at our school is to simply shop at Woolworths and you will receive one Woolworths Earn & Learn Sticker for every $10 spent. Then place the Woolworths sticker onto a Earn & Learn Sticker Sheet. Completed Sticker Sheets and/or stickers can then be dropped into our collection box in the front foyer here at school. Sticker sheets are available at our school in the front foyer, Woolworths, or you can download them from www.woolworths.com.au/earnandlearn.

Every sticker collected benefits our students by providing them with more educational resources. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science, Arts and Craft, Sport and for our library.

If you’d like to know more visit www.woolworths.com.au/earnandlearn.

Thank you for your support!

Looking for healthy Lunch Box ideas?
Click Here

Year 7
What’s Happening?

Year 7 have had a busy start to term 3. I must remind parents and carers that student require hard topped enclosed footwear for Tech and Science subjects. If student could have this footwear as their school uniform they wouldn't have to carry extra equipment.

Reports and awards have been distributed in week 2 which were a pleasure to read. A noticeable trend was that students with 0 days absent were of a very high standard compared to those with many days absent. The students with 0 absentee days will be rewarded with a pizza lunch. This term students with 0 days off will go into a draw to win $100.00...lets win year7!!!
Whooping Cough (Pertussis)

Last updated: 30 March 2015

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you’ve been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby’s vaccines are overdue, see your GP now to catch up.