



Wauchope Public School

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Term 3 Week 8 Newsletter

Thursday
11 September 2025

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Upcoming Events

Thursday 11 September

- R U OK Day
- P&C Meeting 6:30pm

Friday 12 September

- Attendance Reward Barbecue

Tuesday 16 September

- 3-6 Assembly of Excellence 9:30am
- K-2 Assembly of Excellence 12:00pm

Wednesday 17 September

- Kindergarten Mini Morning 9:30am - 10:30am
- Night of the Notables 5/6CW 4:30pm

Thursday 18 September

- Aboriginal Education Officer Yarn-Up

Friday 19 September

- Year 1 Tmbertown Excursion

Tuesday 23 September

- WPS Representative Barbecue

Wednesday 24 September

- Stage 3 Silent Disco

Thursday 25 September

- Dance Eisteddfod - Seven Groups

Friday 26 September

- Last day of Term 3

Monday 13 October

- School Development Day

Tuesday 14 October

- Term 4 commences for all students

Wednesday 15 - Friday 17 October

- Year 6 Camp

Friday 17 October

- Year 2 Walking Excursion



Father's Day Stall

Assemblies of Excellence

Invitations were sent home via School Bytes earlier this week. If you received one, we hope you can join us. There will no longer be live links so you will need to be in the hall to see it or wait for the photos. The 3-6 assembly commences at 9:30am (please abide by the parking signs) on Tuesday 16 September and the K-2 assembly commences at 12:00pm on the same day. The boys and supported learning dance groups will perform at the 3-6 assembly and the Year 1 dance group will perform at the K-2 assembly. Most classes will have three award winners. Stage 1 public speaking winners, 3-6 athletics champions and North Coast sports representatives will also be acknowledged.

Kindergarten Mini Morning

Kinder Mini Morning

Is your child starting at WPS in 2026?

All kinder 2026 students are invited to join us for a mini-school experience with our wonderfully welcoming teachers. Activities will include singing, story time, craft activities, games, and opportunities to sit at a big kids' desk and experience big school!

We will finish off with a piece of fruit at pick up at 10:30am.

Mini Morning:
Wednesday 17 September
• Enter via main gates at Waugh St
• 9:15am to sign in and drop off
• 10:30am pick-up

RSVP to Schoolbytes or
Wauchope-p.school@det.nsw.edu.au
or
by phone on 02 6585 2277

Excellence, Opportunity and Success

All Pre-School children are invited to attend our 2026 Kindergarten Mini Morning at Wauchope Public School on Wednesday 17 September. It is a great chance for parents to complete enrolment forms and return required information. Once we receive everything, your child will get a free 'I'm off to big school' shirt. All the cool kids in town have one. We have 85 Kindergarten enrolments



Like us on Facebook

Wauchope Public School
Excellence, Opportunity and Success

Athletics Champions and Winning House

Age	Name
Junior Girl	Zakarah B
Junior Boy	Beaudee G
11s Girl	Melody C
11s Boy	Jaivyn H
Snr Girl	Shamana C-S
Snr Boy	Wyatt B
AWD	Aspen C

House	Points
1 Gordon	466
2 Kendall	442
3 Lawson	188
4 Paterson	174

Timbertown Excursion

Good luck to the students in Year 1 for their Timbertown excursion next week. Please return all permission notes/payment.

Year 6 Excursion

This is on in the first week of Term 4. Please continue finishing payment for this excursion before the holidays. We have 49 students paid for, 16 partially paid and 17 with no payments. Please make this a priority. We also require permission notes and medical notes before the end of term.

Night of the Notables

This event involves students/parents in 5/6CW. Hopefully, you can join us on Wednesday 17 from 4:30pm in the hall.

North Coast Athletics

On Tuesday we had 21 students represent the Lower North Coast at the North Coast carnival. Everyone tried their best and enjoyed the experience.

Sport

Our Stage 2 teams enjoyed playing in the netball gala day yesterday. Thank you, Mrs Burgess, for coordinating.

already. WPS is the place to be! If you have a child who turns five by July 31, 2026, then you need to complete an enrolment form. Please feel free to visit, email or call our school and collect an information pack from our friendly office staff. It is helpful for us to receive completed enrolment forms by the end of Term 3 2025 so we can start to plan our 2026 classes and teachers.

If you have relatives or friends who have a child commencing school next year, please pass on this message. New parents are welcome to contact myself to discuss your child and/or what our wonderful school has to offer.

Attendance Reward BBQ

Tomorrow the students in KLR, KSS, K-6SR and K-6BC will be rewarded with a sausage sizzle for either the best attendance rate or the best absence explained rate.

Father's Day Breakfast/ Stall and Krispy Kreme Fundraiser



Last week was an almighty week for our small P&C. They would have been exhausted by Friday afternoon. Thank you to everyone who was able to assist in any way with the three events last week. Amazing work! Thank you for making last week very special for our students. The boys and girls really felt special having their loved one/s have breakfast with them at school

last Wednesday and then the excitement of buying a gift was almost too much. Hopefully, the men of Wauchope all had a nice day on Sunday.

P&C Meeting

The next P&C meeting is on this evening, Thursday 11 September at 6:30pm either in the staffroom or via a Zoom link. Please contact the P&C if you would like to participate.

WPS Representative Barbecue

On Tuesday 23 September, the school will host a barbecue for any student who has represented our school in a PSSA sporting team or representative carnivals (swimming, cross country, athletics), dance, debating etc. This will be a very enjoyable way to celebrate the boys' and girls' efforts and achievements. All the teachers who have freely volunteered to coach, choreograph, train representative teams or any extracurricular activity will also be invited.

Aboriginal Education Officer

This position is being readvertised. The advertisement will go live on Friday 12 September. There will be a yarn-up at 10:00am on Thursday 18 September. When I receive the promotional material for this, I'll put on Facebook, in next week's newsletter and send to the AECG.

School Audit

Our school has been through a three day intensive audit this week. This includes checking our finance management, asset management, child protection, all things work, health and safety

Stage 1 Assembly Awards Term 3 Week 7

Class	Awardee
1KB	Niarla N, Chase H, Thea W, Levi G
1LF	Jack J, Ayah L, Keira H
1MH	Zephyr L, Ivy-Rose D
1/2MM	Fordan D, Wyatt H, Ziggy L, Georgie D
2JB	Alera L, Tommy C, Ethan P, Charlotte T
2JC	Armahni A, Alex L, Amber B, Isaak L



like Health Care plans, student attendance etc. If you don't see me around for the rest of the term you could think that the audit didn't go well. However, if I do appear around the place and am still smiling then hopefully that's a sign that we passed with flying colours. Two items that have been mentioned is we need to have all health care plans signed by the parents and parents must renew their child's EpiPen.

Stage 3 Silent Discos

These will be on the last Wednesday of the term. This is a free event so if the students have been following our simple school expectations then they will enjoy the experience. However, if they have not been meeting these simple expectations they will silently be missing out.

R U OK? Day



Thursday 11 September is R U OK? Day but we know that whether it's a friend, family member, partner, or colleague, the people around us go through life's ups and downs every day. That's why we want everyone to feel confident to check in with the people they care about and ask R U OK? any day.

Research has found that those who are regularly asked, 'are you OK?' report increased

feelings of wellbeing, and we've learned that a third of Australians say they've been asking others more often over the past year. That means many of us are already showing up for others in meaningful ways, but when it comes to conversations about how we're really going, some people are less confident than others.

It's natural to feel a little hesitant, but the good news is nine in ten Australians report feeling grateful, supported and cared for when someone genuinely asks them if they're OK - and that's a good reason to give it a go. You might even be having these conversations already without realising.

Ask R U OK? any day of the year because a conversation could change a life.

On Thursday 11 September, take a few minutes to reach out to students, colleagues, friends, family or even strangers and ask them 'R U OK?'. It might help someone open up and it might even help to save someone's life. Here are some tips in asking someone if they are OK:

Ask R U OK? – be relaxed and friendly, help open up the conversation by asking how they are doing or what's been happening, and mention anything specific that has made you concerned for them.

Listen without judgement – don't interrupt or rush the conversation, take what they say seriously, don't judge but acknowledge that things seem tough for them, sit in silence if they need to think, encourage them to explain thoughts and feelings and show you're listening.

Science with Mr Reid

The Stage 3 students once again thoroughly enjoyed Mr Reid's science experiments this week. We appreciate the time given by one of the teachers from our local high school. I believe the students got to meet the Year 7 Year Advisor also.



Encourage action – ask how they'd like you to support them and how they've managed situations in the past, encourage them to seek professional help if they are feeling really down for more than two weeks, and be positive about the role of professionals.

Check in – check in with them after the initial conversation, stay in touch and be supportive.

If they push back or don't want to talk, that's ok. Ensure they understand you are concerned and care about them. Let them know you are there if they need to chat.

Additional mental health support resources include:

[Beyond Blue](#)

[Headspace](#)

[Lifeline](#) – 13 11 14

[Suicide Call Back Service](#) – 1300 659 467

[Kids Help Line](#) – 1800 55 1800

[GriefLine](#) – 1300 845 745.

Newspaper Article

I've included an interesting article from a weekend newspaper for your perusal.

Psychologist Clare Rowe explains how 'PlayStation Parenting' gives kids boundaries and rules.

Educational psychologist Clare Rowe says 'PlayStation Parenting' is the key to parents taking back control over their kids – but it's not what it sounds like.

The other day a mum told me her eight-year-old completely lost it because she cut his sandwich into squares instead of triangles. Full-blown tears, a slammed door – the works. She admitted she ended up eating

the sandwich in the pantry just to avoid another argument.

Sound familiar? Somewhere along the way, kids started calling the shots and we started walking on eggshells. And honestly? It's time we reclaimed our role as the adults in the room.

As a child psychologist (and a parent who's witnessed more than one wrong-toast meltdown), I see it every day. Teachers are worn out, parents are exhausted, and kids? They're more anxious and unsettled than ever. We've forgotten how to set boundaries. We've forgotten behaviour 101.

And no, I'm not talking about going back to the bad old days of "because I said so" and reaching for the belt. I'm talking about the basics: boundaries, consistency, and consequences – the stuff kids actually need to feel safe and thrive.

Here's the thing: we're all wired to avoid negative consequences. It's literally how human behaviour works. Our brains are designed to repeat behaviours that feel rewarding and to stop behaviours that lead to discomfort or loss. You touch a hot stove once and you don't do it again. That's not cruelty, that's just biology.

When it comes to kids, we expect their behaviour to change based solely on a sticker chart. When there are no real consequences for poor behaviour, why would they stop?

We explain, plead, bargain... and then back down because we're too tired to deal with the fallout – sorry but that is not "picking your battles", that is losing the war.

PlayStation Parenting

We need what I call "PlayStation parenting". Why do kids love video games so much?

6ML - Book Week Cake Decorating Competition

6ML had their annual book week decoration competition last Thursday.



Because the rules are the rules. They never change depending on how tired the PlayStation is, how busy it is, or how much it “feels like it”.

The boundaries are rock solid. If you mess up, you lose a life. No amount of whining changes it. Kids crave that kind of consistency because it makes them feel safe.

And that’s what we need to get back to. Kids need us to be the adults in the room. They need to know where the line is – and what happens when they cross it.

That doesn’t mean yelling, shaming or dishing out punishments we’ll never stick to (“No iPad for six months!” Sure, Jan). It just means calmly holding the line, like a PlayStation that never blinks.

We’ve convinced ourselves that consequences are cruel. They’re not. They’re actually the opposite. Kids feel safer when they know the rules won’t change depending on how frazzled we are that day.

And like I tell my clients, you have 18 years to turn out a fully functioning adult into the world... and time is ticking!

Stop making excuses

We have to stop making excuses. Yes, your child might be tired. Or hungry. Or emotional. Or have had a big week. All of that might be true – but none of it means they get a free pass to scream at you because you dared to cut their toast wrong.

And yes, I know it’s hard. Especially when the world seems to be watching and ready to pounce on any “bad parenting” moment. But the truth is, kids feel more secure and less anxious

when we are clearly in charge. It’s exhausting for a child to feel like they’re the ones holding all the power.

But somewhere along the way, we’ve muddled the waters in schools. Restorative justice crept in – and while it sounds lovely in theory (everyone holds hands and talks about their feelings), it’s often used instead of clear consequences.

The result? Kids who shove someone into a locker end up in a “circle chat” with their victim, “repairing relationships,” instead of learning not to do it again.

Bring back old-school discipline

I know some people will roll their eyes and call it “old school”. But think about the kind of adults we actually want to raise.

Adults who can handle disappointment. Adults who can take a “no” without falling apart. Adults who can manage their emotions without needing someone constantly bailing them out.

So next time you find yourself negotiating with a six-year-old about brushing their teeth – stop. You are the adult. Set the limit, follow through, and watch your child thrive.

Because when kids learn their choices have real-world consequences, they’re learning the most fundamental lesson about life. And isn’t that the whole point?

Clare Rowe is a Sydney-based educational psychologist, blogger and speaker.

Cameron Osborne
Principal

P&C News

Thank You to our Incredible School Community from the P&C!

Last week was a huge success, with three fantastic P&C events taking place! From our joyful Father's Day celebrations to the conclusion of the Krispy Kreme fundraiser, your enthusiasm made it all possible. We sold over 280 Krispy Kreme boxes! A heartfelt thank you to Slade Refrigerated Transport for their generous support throughout the fundraiser. We received over 150 Father's Day Breakfast orders and sold over 1760 items in the Father's Day Stall.

All funds raised from our events this year will go toward installing air conditioning in the hall—bringing a breath of fresh air to our students and community for years to come!

The Stalls are always a favourite for me, watching students make thoughtful decisions while using their manners, patience, real money, and maths skills to choose gifts for people they cherish. We hope everyone enjoyed their presents!

A massive thank you to our amazing Father's Day Stall volunteers who picked, ordered, priced, advertised, unpacked, counted, repacked, set up, served, and packed away. Without you, the day simply wouldn't happen.

To Mandy, Felicity, Ash, Amber, Ashley, Sue, Sabrina, Ashleigh, Jody, Samali, Laura, Karen, Tina, Leanne, and Hannah and to the countless student helpers on the day—thank you all for generously donating your time to support the school and the community.

And a special shout-out to our school runners, Mackenzie and Harlow, who did a brilliant job coordinating class visits to the Stall.

Upcoming P&C events

P&C General Meeting

Thursday 11 September 6:30pm in the Staff room or email us via wauchopepsandc@gmail.com for the zoom link! Come join us!



COME & TRY NIGHTS

WHEN:
Friday 12th September @ 5.15pm
Friday 19th September @ 5.15pm

WHERE:
Blackbutt Oval
Peppermint Crescent, Wauchope

Welcoming

Come along and see what athletics is all about, enjoy a fun night where everyone gets a go! Unleash your child's potential!!



COME AND TRY... SOFTBALL

**SATURDAY 11
OCTOBER
9AM TO 12PM**
FINDLAY PARK
FINDLAY AV. PORT MACQUARIE

JUNIORS T-BALL
JUNIORS MOD-BALL
MIXED SLOW-PITCH SOFTBALL
LADIES FAST-PITCH SOFTBALL

BRING THE WHOLE FAMILY!

**OPEN TO ALL AGES AND
LEVELS OF EXPERIENCE**

SAUSAGE SIZZLE BBQ AVAILABLE
REGISTER YOUR INTEREST BY EMAILING
comeandtry@nswa.com.au
AND RECEIVE A VOUCHER FOR A FREE SAUSAGE!



RUOK?™

A conversation could change a life.



GUULA KIDS FREE SCHOOL HOLIDAY ACTIVITIES

KIDS FREE
ENTRY
10.30-11.30am
With paying adult

Join us these spring school holidays at the **Wild Koala Breeding Visitor Centre** for free, family-friendly, koala-themed fun!

Guula Kids are hands-on activities for children aged 5-12, designed to spark curiosity, inspire conservation, and celebrate koalas. Adult supervision is required. Plus Koala Keeper talks daily at 11.30am! Drop in and help protect our furry friends! No bookings required.

MON 29/9	TUE 30/9	WED 1/10	THU 2/10	FRI 3/10
Bunnings Craft Morning	Junior Koala Carer	Koala Face Origami	Make your own Koala Mask	Koala Storytime
MON 6/10	TUE 7/10	WED 8/10	THU 9/10	FRI 11/10
PUBLIC HOLIDAY No activity scheduled	Koala Poo ID Station	Make your own Koala Mask	Koala Face Origami	Koala Storytime

PLUS
Jump for Koalas at our Wild Koala Breeding Visitor Centre
Sunday 21st Sept

AND
Koala Connections at Yulo Kopa - Ellenborough
Saturday 27th Sept

SESSION DETAILS
Time: 10.30am - 11.30am
Location: Wild Koala Breeding Visitor Centre at Guulabaa Place of Koala Cawarra State Forest
Kids Free: 10.30am-11.30am above dates ONLY

For more information visit koalaconservationaustralia.org.au



Community News

Kinder Mini Morning



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9:15am to sign in and drop off

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or

by phone on 02 6585 2277

Excellence, Opportunity and Success

October School Holidays

Once Upon a Time @ the Library

Wednesday 8th October 10am Laurieton Library Enchanting Accessories Join us to make a crown and wand that you can wear on your next magical adventure! Ages 5+	Monday 29th September 10am Port Macquarie Library Kids Movie Screening Join us for a movie about an intelligent robot and the animals that she bonds with. Ages 6+ Runtime: 102 min Rated: PG
Friday 3rd October 2pm Workshop 3:30pm Port Macquarie Library Sami Bayly Book Launch & Illustration Workshop Come along to meet Sami Bayly as she launches her new book, and then book in to attend an illustration workshop where you can learn how to draw animals like Sami. Ages 6+ for workshop. All ages welcome for launch.	Tuesday 30th September 2pm Port Macquarie Library Writing Animal Stories Creative writing workshop. Join author Meredith Downes as she shows how to create great animal characters and bring them to life. Ages 8+
Friday 3rd October 10am Wauchope Library Create your own Dragon Soar through the skies with your very own handmade dragon. Ages 5+	Tuesday 7th October 10am Wauchope Library Fairytale Dreamcatchers Design and craft your own dreamcatcher, inspired by the magic of fairytales. Ages 6+
Tuesday 30th September 10am Laurieton Library Making Fairy Houses Let your creativity flow and design a magical woodland fairy house. Ages 6+	Wednesday 8th October 2pm Port Macquarie Library Build a Pirate Ship Get ready to walk the plank as you dive into this crafty project and build your very own pirate ship! Ages 5+
Thursday 9th October 1pm or 2:30pm Port Macquarie Library Craft a Pop Up Castle Come along for one of these two workshops where you can make your own pop-up castle and decorate a fun fantasy scene. Ages 6+	Tues 30th Sept Wauchope Wed 1st Oct Port Macquarie Thurs 2nd Oct Laurieton Aunty's Farm Storytime Join Aunty for a special storytime event at your local library. Have fun with books, songs, dancing and craft. Sessions start at 10am. All ages welcome. Bookings not required.

Bookings: mnclibrary.org.au/school-holidays



RFS

Wauchope Rural Fire Brigade

COMING SOON

GET READY TREASURE HUNT!! 15-20 September

- Find the clues
- Complete an answer sheet
- Collect your prize!

