



## Vincentia Vibe - The voice of our School

Term 4 Week 4

31st October, 2012

### PDHPE News Term 4

First of all welcome back for the final term of the year, it has been a busy start, with year 12 preparing for their final exams and year 10 preparing their final assessment task before they enter their senior schooling. Year 11 begin their HSC and graduate to become our schools senior year, while years 7, 8, and 9 also do not have a chance to get warmed up as they are straight into assessment tasks that started last week (week 4), as teachers will start to compile the years results and monitor student improvement from the beginning of the year onwards.

On the sporting field last term, and the school holiday period saw two students reach the peak of their sport, with great success in athletics. Both Jason Huntsman and Gavin Beddingfield competed at the NSW Combined High Schools Tournament, where Jason finish 8<sup>th</sup> in the final of the 800m with a new personal best time of 2:01sec, while Gavin qualified 10<sup>th</sup> in the heats of the 100m and just missed out on the finals. A great achievement to know that for their respective age groups both students are in the top ten athletes in NSW. We at Vincentia High School are extremely proud of their achievements and representation of VHS.



To another sport, Mountain Biking which is not done on flat land, but up and down Mount Stromlo. I had the pleasure, for the first time, to accompany the Vincentia High School Mountain Bike Team to the ACT Championships, at Mt Stromlo. After many hours of organization by the staff and parents, getting the students and equipment ready, it was time to make the exciting journey through Nerriga and Bungendore then onward to conquer Mt Stromlo. After leaving early we arrived at the mountain with time to practice for three hours the day before the competition. As I discovered when several of the students took me for a practice ride, it's not as easy as it looks. I was amazed at the ease at which our students conquered the course and the up hill sections, which constantly saw me lagging behind. Oh well, "to come down you must first go up".

The next day saw over 500 students from around NSW and the ACT come to compete, with Vincentia High not only looking the best in our uniform, but also putting very well funded private schools to shame by being the largest cohort, with nearly 70 riders. The races began and ahead lay four hours of fun, pain, misfortune and joy. Students having mechanical issues ran their bikes back to transition, others flying through the air, over and around obstacles and some even leaving large amounts of skin on the course as a donation to the cycling gods. By the end of the day, students spent, VHS stood on five of the nine podiums, which meant that out of a possible 27 medals VHS students managed to claim nearly half. The four outstanding performances came from the junior girls team, who in their first competition ever managed to come 1<sup>st</sup>. The College boys, girls and mixed teams, who all managed to win their divisions and proved that the MTB program at Vincentia high school is considered to be one of the states best. We at Vincentia High School would like to thank all the teachers, parents and students for their time, effort and sacrifice to allow this event to run so smoothly.

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Finally this year saw the inaugural Noahs Challenge Adventure Race, which was held at the Shoalhaven campus of the UOW. Vincentia High School sent a squad of 10 students to support the local community and give the run, cycle and canoe legs a go. It was a teams event which saw the team of Jason Huntsman & Jack Stewart taking out the open title and Liam Dooley & Bryce Hammond in 3rd Place. With entries from the navy, police, NSW health and local fitness centres not only did all VHS teams finish in the top ten, but also beat more highly rated competition. Pressures' on for next year, with the navy and police teams not too happy about students 10yrs their junior dominating the day. Well Done, Vincentia High School.

Felix Bachmann

HT PDHPE

### Girls League Tag Competition

Bomaderry Junior Rugby League is entering a team or teams in the newly formed Group 7 Junior Girls League Tag Competition in 2013. If you are or are turning 12, 13 & 14 Years old in 2013 you are eligible to play.

If any parent is interested in their daughter/s competing in this competition, there will be an information evening on Friday 30th November at the Bomaderry Sporting Complex starting at 4.00pm.

### ENGLISH

7B have been exploring 'Scary Things' as part of their English studies this term. They were recently asked to complete a poem that explored this in class.

The following students completed a rap, called 'Slender' as part of their poetry requirements. *IT CERTAINLY WAS SCARY!!!!*

Congratulations to Corey Attard (5-40), Finaly Hegarty (90 degrees), Byron Lotze (1-80) and Dylan Ware (7-20) - you guys are **rap-tastic!**



**ST GEORGES BASIN PUBLIC SCHOOL P & C**

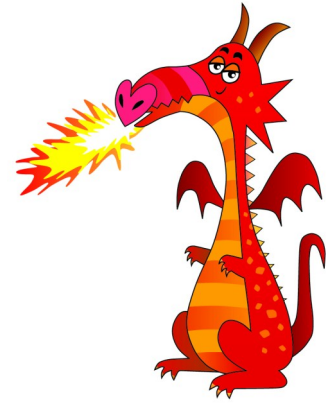
**FIRE BENEFIT NIGHT**

Friday, 23rd November 2012 6pm

St Georges Basin Country Club

\$30 per person

Fire Benefit Night tickets are now on sale. Tickets include a buffet meal, entertainment, auction and trivia.



**Phone - Tracy Mandavy: 0423 846 194 or**

**School Office: 4443 4251**

- ♦ Organise your friends and book a table of 8 for a fun night!
- ♦ Individual tickets available.
- ♦ There will be lots of fantastic prizes on offer and items for auction including some great sporting memorabilia.

So come along and have a great child-free night while supporting your local primary school .

**All money raised will go straight to the school!**

**Paying School Study Levy and Excursions by EFTPOS**

Vincentia High School now has an EFTPOS machine in the front office, available to parents for payment of excursions, Study Levy and other school related expenses.

All excursion permission forms will now have a section at the bottom which can be filled in with card details and the whole permission note returned to the front office for receipting.

This method of payment will mean that students will not have to carry cash to school. The minimum payment is \$10.

**All your details will be kept strictly confidential.**

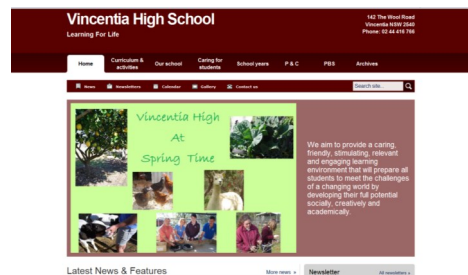


## P & C MEETING

The committee and members understand the busy lives of working parents . However we encourage your involvement with your child's school.

Please take the time to read meeting minutes and if you are able , we welcome you to attend our next meeting to be held on Thurs 22nd November at 7pm at the Huskisson on Jervis. (Our end of year celebration!)

[www.vincentia-h.schools.nsw.edu.au/p-c1](http://www.vincentia-h.schools.nsw.edu.au/p-c1)



## LEADERSHIP DAY

On Monday 22nd October four of our new Yr 12 students travelled to HMAS Albatross to attend a leadership day. The students listened to a number of presentations from Australian Defence Force representatives about appropriate behaviour in the workplace, interview skills and the ADF recruitment process. Our students were also treated to a free lunch in the Senior Sailors mess located on the base where they were given the opportunity to interact with current serving members in a number of different positions. Finally, the students participated in a series of leadership activities that involved problem solving and teamwork, everyone passed with flying colours!



## UNIQUE EXPERIENCE DAY - UOW

On Wednesday 24<sup>th</sup> October a group of Yr 10 students travelled to the University of Wollongong for the Unique Experience Day. Students were divided into groups with people from other schools and participated in a series of fun activities to give them an understanding of the different faculties at the University of Wollongong. It was also a great opportunity for our students to tour the UOW campus and learn about university life. Our students were rewarded for all their hard work with a free subway lunch and concert on the university lawn. Much fun was had by all, the day was a great success!



Congratulations to all Vincentia High Students that participated in last weekends Trihusky Triathlon.

Pictured here are Brooke Crosslands and Julia Ander prior to their event.

Julia came 3rd in the category of Female 14 -15yrs and overall 45th out of 200 with Brooke hot on her heels in 4th place. ( 47/200).

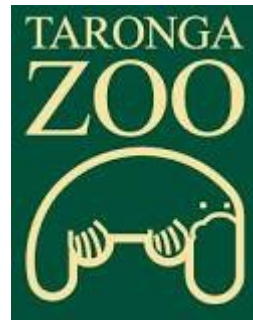
*Well done girls!*





## TARONGA ZOO

Last week Yr 8 travelled to Sydney to visit the Taronga Park Zoo. It was a fantastic day with loads of hands on experiences. Students enjoyed a leisurely stroll through the immaculate Zoo grounds whilst taking in the breathtaking Sydney Harbour views. Students were able to watch feeding times and keeper talks. A great day by all.



## SCHOOLIES SAFETY

Want to know how to prep your child for schoolies week? The Turning 18 website offers savvy advice for parents and students alike. Get the facts on drugs, alcohol and celebrating, with top tips for staying safe.

Go to: <http://www.turning18.com.au/>



## GIRL GUIDES INVADE VINCENTIA HIGH

Last weekend, 105 Girl Guides aged 7-10 years and their leaders, camped at Vincentia High School. The school hall was turned into a giant bedroom - a sea of sleeping bags and air beds. Girls came from Wollongong, the southern Highlands and all along the coast to this camp.

The Guides enjoyed lots of activities in tune with the theme of the camp 'Chat Around the world'. They explored communication styles, both old and new and discovered that you can join 10 tin can phones together to create a party-line.

A highlight of the camp was the talent quest, where all the units attending performed a skit or dance or song. The Junior Leaders and Senior Guides, who came along to help out at the camp, were the hit of the evening. They had the whole audience up singing and dancing the Hokey Pokey.

The South Coast and Highlands Region Girl Guides would like to thank Vincentia High School for the use of their facilities. "The school grounds are so spacious; we had plenty of room for our activities and shady trees to sit under for meal" said Leader in Charge Ann McKnight. "It was great to be so close to Jervis Bay - we all enjoyed a walk to the beach". Photos by Liesel Turnbull



Guides on the beach on Sunday morning



Senior Guides and Junior Leaders came along to help out, here they are strutting their stuff on stage during the talent quest.



Washing up - fun with friends!







## New Fitswim Advanced Adults and Kids is here!

In addition to our range of Fitswim programs, we are introducing Fitswim Advanced and Kids Fitswim!

Training for the next Triathlon? Want to improve your stroke efficiency and times? Looking to train as a family?

[Adult Fitswim Advanced—Kids Fitswim Advanced](#)

[Wednesday nights 5.45pm-6.45pm](#)

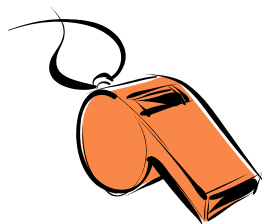
Also available:

Adult Fitswim Intermediate:

Thursdays 5pm

Adult Fitswim Beginner:

Fridays 11.30am



\$12 per casual class

\$9 per concession casual class

\$108 per 10 visit pass

If you hold a Complete Fitness, Complete Fitness Corp, Complete Aquatic or Complete Aquatic Concession membership, your entry to these classes is included!

\*3 participants minimum to run each class. Class may be cancelled if minimum numbers are not reached



## ARRANGEMENTS FOR THE 2012 - 2013 BUSH FIRE SEASON

Dear Parent/Carer

I am writing to let you know about arrangements for our school for the current bush fire season.

Our school has been identified as a school at increased risk if a fire were to break out on a day when a catastrophic fire danger rating is issued for our area.

To ensure the health, safety and welfare of students and staff, the NSW Department of Education and Communities has determined that on days when a catastrophic fire danger rating is issued for our area, the school will temporarily cease operations for the day(s) the rating is current and alternative learning arrangements will be put in place. This is based on information obtained by a bush fire assessment of our school arranged by the Department.

A catastrophic fire danger rating is likely to occur on a very small number of days during the bush fire season, if at all. To ensure that we continue to support student learning on these days, I have put the following arrangements in place:

**The school will notify local media to inform parents that a catastrophic fire danger has been issued, as well as the bus companies transporting students so that they know the school is closed. Work will be given out to students or placed on the school website as part of 'Moodle'.**

The school may only receive notification of a catastrophic fire danger rating after school hours the day before the forecast is issued. To assist the school in contacting all parents please ensure that you have provided us with up-to-date email, home or after hours contact details.

A copy of a information for parents provided by the Department about these arrangements is attached.

Please contact the school on telephone 4441 6766 if you would like any further information about this matter.

Yours sincerely



S Glenday

1st November, 2012



# Arrangements for the bush fire season

## THIS INFORMATION IS ONLY FOR SCHOOLS THAT ARE ON THE BUSH FIRE REGISTER

### Information for parents and carers

This brochure provides information for parents and carers about arrangements for the bush fire season. **This information is only relevant for schools that are on the**

#### Introduction:

The NSW Department of Education and Communities has conducted bush fire assessments for NSW government schools in bush fire prone areas. These results have been validated by an independent external expert and have been reviewed in consultation with the NSW Rural Fire Service.

A small number of schools have been identified as a school at increased risk if a fire were to break out on a day when a catastrophic fire danger rating is issued for the area that the school is located in. **This includes the school your child attends.**

To ensure the health, safety and welfare of students and staff, the NSW Department of Education and Communities has determined that on days when a catastrophic fire danger rating is issued for the area the school is in, the school will temporarily cease operations for the day(s) the rating is current and alternative learning arrangements will be put in place.

#### What is a Fire Danger Rating?

A fire danger rating is the expected fire danger on a particular day and is determined by considering a combination of factors including air temperature, relative humidity, wind speed and drought. The ratings range from Low – Moderate through High, Very High, Severe, Extreme and Catastrophic.

#### What is a Catastrophic Fire Danger Rating?

A catastrophic rating means that if fires broke out they would be uncontrollable, unpredictable and

very fast moving with very aggressive flames extending high above tree tops and buildings.

#### When will I know if my child's school won't be operating the next day?

Your school will notify you as soon as possible. You will be notified by local radio (2ST, Wave FM, ABC) or other communication, depending on when the school is advised that the catastrophic fire danger rating has been issued. The school will not receive this information until after school has finished on the day before the rating takes effect. The school will contact all parents and carers and, where appropriate, issue advice through local media.

Please provide your current email, home or after hours contact to your school. Parents and carers should also watch or listen for local media as information may be provided through these outlets.

#### What educational arrangements will be in place if the school isn't operating?

Talk to your school about the arrangements that will be put in place in the event of the school temporarily ceasing operations due to a catastrophic fire danger rating being issued. Schools will be undertaking advanced planning to ensure that, if schools do need to cease operations on some days, they will have alternative educational arrangements in place such as re-locating to another school, where practicable, or

providing take home work for students via the school website.

#### Will my child's school be affected by severe or extreme fire danger ratings?

During the bush fire season, including days of severe or extreme fire danger rating, schools will continue to operate as normal unless advised otherwise by emergency services. During the bush fire season schools will be vigilant and monitor local conditions, particularly on days when severe or extreme fire danger ratings are issued.

#### Further information

We appreciate your cooperation during the bush fire season. For further information about fire danger ratings and the bush fire season, please refer to the NSW Rural Fire Service website at [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au).

The Department is developing a website on bush fire safety including providing up to date information. This will be available from the start of Term 4. The address is:

<http://www.schools.nsw.edu.au/bushfire-safety>

## SHOWCASE - DANCE CLUB

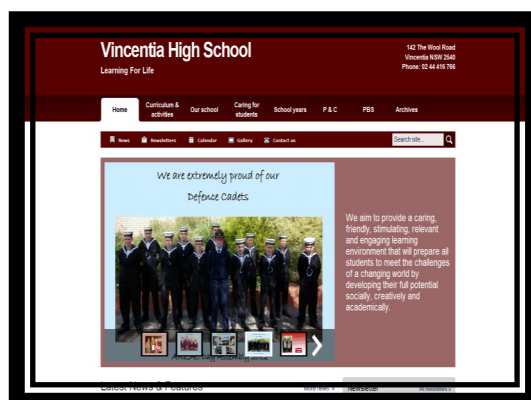
RESERVE THE DATE - 6pm Thursday, 13th December 2012. We are now preparing for Showcase. If you would like to be part of a group dance, try your hand at choreography or even help with designing stage props please come along to dance club next Tuesday at 2.30pm until 3.15pm.

Mrs Arnold  
Coordinator

## WEBSITE

Have you visited our school's website lately???

Stay up to date with the current happenings/newsletters/  
assessment schedules of Vincentia High School at  
[www.vincentia-h.schools.nsw.edu.au](http://www.vincentia-h.schools.nsw.edu.au)



## SOUTHERN FOOTBALL TRIALS

Held at South Nowra Football Complex

**Tuesday 6th November, Friday 9th November**

SAP & U12 Girls (5-6.30pm)

Youth Boys & Girls (6.00 – 7.30pm)

Senior Men's & Women's (6.30pm – 8.00pm)

**Sunday 11 November**

SAP & U12 Girls, Youth Boys & Girls (2.00 – 3.30PM)

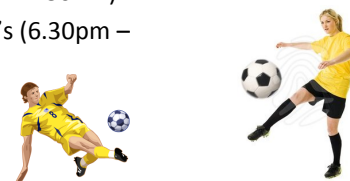
Senior Men's & Women's (3.30pm – 5.00pm)

**Tuesday 13 November, Friday 16th November**

SAP & U12 Girls (5-6.30pm)

Youth Boys & Girls (6.00 – 7.30PM)

Senior Men's & Women's (6.30pm – 8.00pm)



## St Georges Basin Public School

# Benefit Night

help us rebuild our school



**When:** Friday 23rd November 2012  
at 6:00pm

**Where:** St Georges Basin Country Club

**Cost:** \$30 Includes Buffet Dinner  
Entertainment  
Trivia & Auction



**Tickets are on sale now**

Please call Tracy on:

**0423 846 194**



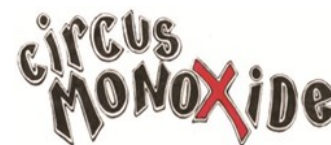
## Uniform Shop Volunteer/Helpers

The Uniform Shop is in desperate need of  
Volunteer/Helpers to assist with Year 7 -  
2013 Orientation afternoon only.

This will be on Wednesday, November 28th  
from 4.00pm - 6.00pm

If you can help please call Kath on 0431 270  
115

## "Under the Big Top" Festival November 13th- 18th.



WHERE: Under the Big Top in McCabe Park Wollongong.

Three spectacular events: Fundraising Gala for Illawarra's disadvantaged youth, Comedy Under the Big Top and Circus Monoxide's own "Going Going Gong" family friendly Circus Show. Come on down and catch some highflying action and have a really great laugh. More info and tickets [www.circusmonoxide.com.au](http://www.circusmonoxide.com.au)

## Coming Exams:

Yrs 9 & 10 will be doing exams in Week 6

Yrs 7 & 8 will be doing exams in Week 7

## Update of students 'Medical Details' forms:

All students should have received a 'Medical Details' update form. Please fill in and return to school as soon as possible. The information provided on these forms will be entered onto our school system where it can be access for school excursions etc. This will eliminate the need to fill in a new medical form with every excursion. This form will be renewed at the end of every year, if the information changes during the year please contact the school for a new form.

### WHAT'S HAPPENING AT VHS

#### Thursday 8th November

- HSC Exams
- 7W Peer relationship session

#### Friday 9th November

- HSC Exams
- Yr 12 School Formal—Hall
- Yr 8 Rock Platform Excursion

#### Monday 12th November

- Yr 9-10 Yearly Exams
- Support Travel Training Yr 7-12
- Yr 7-8 Practical Assessments Week

#### Tuesday 13th November

- Yr 9-10 Yearly Exams
- Touch Football Development Days

#### Wednesday 14th November

- Yr 9-10 Yearly Exams

#### Thursday 15th November

- Yr 9-10 Yearly Exams
- Yr 11 into 12 SKYDS Day
- In2Uni Yr 11

#### Friday 16th November

- Yr 9-10 Yearly Exams
- Midsummer Night Dream Yr 9-10

### Electronic Delivery of Newsletter

Students Name: ..... Email Address: .....

Please return to the Front Office