

## Enlighten Education Workshop & Seminar was a huge success!

On Monday 3<sup>rd</sup> November Vincentia High School hosted a free seminar for the community about the issues affecting young women today. Dannielle Miller, author of 'The Butterfly Effect' (for parents) and 'The Girl with the Butterfly tattoo' (for teen girls) exposed the pain of the teen-girl world and the body image that is portrayed to them in the media.

Girls from Vincentia High School in years 7&8 attended a four hour workshop to empower them with the skills to survive in the real world. Dannielle talked about the importance of self-respect, resilience and the ability to deconstruct ideas presented in the media. The girls had a fabulous day and the positive feedback was amazing, they all agree that every girl should be able to attend one of Dannielle's Workshops.

Parents, carers and members from the community were invited to attend a 1 hour seminar in the evening where Dannielle talked about the issues and obstacles young women face and the importance of being a positive role model for our girls. "Girls can't be if they can't see" was her motto. We were given the tools and the skills to assist and support our teenage girls.

This fantastic workshop and seminar would not have been possible without the very generous donations from the following organisations:

- ◆ Shoalhaven Suicide Prevention & Awareness Network (SSPAN)
- ◆ Bay & Basin Community Resources (BBCR)
- ◆ Vincentia High School P&C Association
- ◆ Sanctuary Point Bendigo Bank
- ◆ Sanctuary Point Medical Centre
- ◆ Sanctuary Point Pharmacy
- ◆ Lions Club Jervis Bay
- ◆ Vincentia Medical Centre
- ◆ St Georges Basin Physiotherapy
- ◆ Bosco Accounting
- ◆ Shoalhaven City Council
- ◆ Mission Australia.



Ms Gabrielle Keogh, our year 8 student advisor said that it is a privilege to work at a school where community businesses are happy to invest their money and time into our young people. Thank you so very much for your support. We hope to be able to run more of these amazingly positive and empowering workshops for all of the wonderful boys and girls at Vincentia High School.



## Husky Triathlon Success for Troy & Brooke

Congratulations to Troy Whittington in Year 9 for coming 1st in the 14-15 year category and 98th overall at the Triathlon in Huskisson on the weekend.

Brooke Crossland in Year 10 came 5<sup>th</sup> in the 16-17 year category and beat her best time by 4 minutes!

Jackie Milani Year 7, came 9th and Terri Milani Year 7, came 7th in the Enticer.

Well done Troy, Brooke, Jackie and Teri we are proud of you!



## 'Young Guns' win at the Mont 24 Hour!

The Mont 24 hour mountain bike race was held in Canberra on the weekend of 25<sup>th</sup> October.

Vincentia High School had a number of teams across all the categories, including a team of ex-students. The girls in the 'Young Guns' category won their event with a very impressive 18 laps in 24 hours which is 450km's!

Congratulations to Beatrix Brady, Brooke Crossland, Karla Thompson, Leah Davidson, Elyse Marr and Tanika Goodman. The girls came 10<sup>th</sup> overall in the Women's category. Beatrix Brady said that riding in the middle of the night is the best because you can only see a few feet in front of you and can't see the hills coming up!



# Restaurant Day a Huge Success

Parents and carers of the Year 10 'What's on the Menu' class were invited to a delicious three course luncheon in the 'Bushscape Restaurant' on Wednesday 29<sup>th</sup> October. Ms Boyce said that the students have worked hard for the past few months researching and planning the menu, preparing a work flow plan and designing invitations.

One of the parents said that she was impressed with the quality and presentation of the meal and that it was better than any meal she has had in a real restaurant! Other parents commented on the beautiful venue and the professionalism of the well trained students, it is a credit to their teacher Ms Boyce and the students of Vincentia High School are very lucky to have such a wonderful opportunity.



# Nellie Wins \$1,000 worth of books for the English Faculty

Nellie Gray and Ms Gilbert went to 'Boobooks on Owen' this week to collect the \$1,000 worth of books that Nellie won in the Text Publishing 'How I Saved the World' writing competition. Nellie's English teacher Ms Sally Chappell encouraged her to enter the competition earlier in the year for which Nellie also won \$100 of books for herself.

This great competition helps to support and promote how lucky we are in our community to have a local bookshop. Thank you to Jill and Nola from 'Boobooks on Owen' for their support and the beautiful selection of books we have been able to purchase with the voucher from Text Publishing.



## Automotive Class Workshop

On Wednesday, 29 October, Mr Swanson's Year 9 Automotive class enjoyed a demonstration by Mr Laurie Wright from Wrights Chainsaws in Nowra. During the workshop, the students were shown how to maintain chainsaws, engines and tools of the trade.



The students said that the lesson was interesting and engaging and they would like to thank Mr Laurie Wright for his time and support.

# A reminder to parents to notify the school about your child's health

We welcome information from parents about their child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as Asthma and Diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

## Important Information for Parents

### Students having time off school during the term

A number of requests have been made recently, by parents, for the school to provide work packages for students who are going on **vacation** during term. It is not school practice to provide work packages for this purpose. **Extenuating circumstances such as long term illness, misadventure or long term suspension are when work packages are provided.**

Any student taking holidays for three months or longer is required to apply to Distance Education. If students are going to be absent for more than two days, notification should be made to the school by phoning - 4441 6766, and informing Mrs Simpson who is the Attendance Officer. If Mrs Simpson is not available you can leave a message with reception which will be passed on to Mrs Simpson. ***A note explaining any absence from school must be provided on the next day of attendance. This note must contain the students full name and be signed by the Parent/Caregiver stating the reason for the absence.***

#### Process for students taking holidays during the term:

If you are intending to take your child on holiday within the school term you are required to obtain an '**Application for Exemption from Attendance at School**' form from the front office. At least one weeks notice is required, preferably longer to allow for processing.

The Principal is required to sight this form and provide the Parent/Carer with a '**Certificate of Exemption from Attendance at School**'.

Steve Glenday  
Principal.

## Parent Workshops:

***"Christmas Party"***

**November 27**

**Location: Library**

**Time: 6pm to 7.30pm**

Interested parents and carers are invited to stay for the P & C Meeting where you can have your say and become involved without school community. Join us for light refreshments and a stimulating time...

## WHAT'S HAPPENING AT VHS

### Thursday 06/11/2014

- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- ☞ Sailing on Jervis Bay with Sailability NSW/Callala Bay Sailing Club Mrs Clark pds 1-4
- ☞ Year 7 Camp Coolendel
- ☞ Year 10 Exams
- ☞ Year 12 Formal

### Friday 07/11/2014

- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- ☞ Gumbari Reward Excursions/Various Location Mrs Scott pds 3 - 6
- ☞ Year 10 Exams
- ☞ Year 7 Camp Coolendel
- ☞ Gumbari Bushcare/Park Regeneration group Mr Ryan
- ☞ University of Wollongong Unique Experience Day/UOW Shoalhaven/Ms Pastor
- ☞ NSWTA Year 7/8 State Final/St Marys Mr Lynch

### Monday 10/11/2014

- ☞ Years 7/9 EXAMS
- ☞ Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- ☞ SRC Coastlife Adventures Wallagoot Mrs McIntyre

### Tuesday 11/11/2014

- ☞ Yr 7/9 Exams
- ☞ Koori Radio Station Bay & Basin FM pds 5-6 Mrs G. Brown
- ☞ APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6
- ☞ SRC Coastlife Adventures Wallagoot Mrs McIntyre
- ☞ Huskisson RSL Sub Branch Remembrance Day Service Huskisson Mrs Copeland pd 3-4

### Wednesday 12/11/2014

- ☞ Yr 7/9 Exams
- ☞ Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- ☞ SRC Coastlife Adventures Wallagoot Mrs McIntyre
- ☞ Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6

### Thursday 13/11/2014

- ☞ Yr 7/9 Exams
- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- ☞ Sailing on Jervis Bay with Sailability NSW/Callala Bay Sailing Club Mrs Clark pds 1-4

### Friday 14/11/2014

- ☞ Yr 7/9 Exams
- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- ☞ Gumbari Reward Excursions/Various Location Mrs Scott pds 3 - 6
- ☞ Gumbari Bushcare/Parkcare Regeneration Group Mr Ryan pds 4-6

### Monday 17/11/2014

- ☞ Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6

### Tuesday 18/11/2014

- ☞ APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6

### Wednesday 19/11/2014

- ☞ Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- ☞ Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- ☞ Year 8 Camp wombaroo Bowral Ms Keogh, Mr Swierenga 3 days
- ☞ Year 10 Survivor Walk around Jervis Bay Mr Von, Ms Pastor
- ☞ Sailing on Jervis Bay with Sailability NS/Callala Bay Sailing Club Mrs Clark pds 1-4

## YOUR SCHOOL CONTACTS

S Glenday	Principal
P Hogan	Deputy Principal
	Ganya Garindja, Gumbari & Support Units
G Brady	Deputy Principal Stage 4 (Yrs 7 & 8)
M Meehan	Head Teacher Teaching & Learning Stage 4
F Bachmann	Deputy Principal Stage 5 (Yrs 9 & 10) (Rel)
P Greyling	Head Teacher Teaching & Learning Stage 5
P Taylor	Deputy Principal Stage 6 (Yrs 11 & 12)
F Loupos	Head Teacher Teaching & Learning Stage 6
J Oxley	School Administration Manager
W Bruffey	Head Teacher Admin (Rel)
R Gilbert	Head Teacher English
G Smith	Head Teacher Mathematics
L Swierenga	Head Teacher Science (Rel)
L Ryder	Head Teacher CAPA
S Corbett	Head Teacher HSIE
J Wright	Head Teacher PDHPE (Rel)
A Newton	Head Teacher TAS
P Rafferty	Sports Co-ordinator
S Clark	Head Teacher Support
J Scott	Head Teacher Gumbari Unit
A Glenday	Head Teacher Wellbeing Learning Support
K Lane	Head Teacher Ganya Garindja Unit

## LEADERSHIP AND SOCIAL ENGAGEMENT CONTACTS

M Morris	Year 7 Adviser
G Keogh	Year 8 Adviser
J Powter	Year 9 Adviser
J von Stieglitz	Year 10 Adviser
H Pastor	Year 10 Adviser
P Rafferty	Year 11 Adviser
S Brunswick	Year 12 Adviser

## TERM DATES:

Term 4 2014  
7th October - 19th December

**Parents and students  
are requested not to  
use the staff car park**

**This is dangerous and  
causes congestion**



**2015 GRANT APPLICATIONS OPEN NOW!**

**SHOALHAVEN EDUCATION FUND INC**

**OPEN: 21<sup>ST</sup> JULY 2014 .....**

**CLOSE: 31<sup>ST</sup> DECEMBER 2014**

Leaving school in 2014? Needing financial assistance to attend Uni, TAFE or college, starting an apprenticeship or traineeship or starting your working life?

The Shoalhaven Education Fund may be able to make life a bit easier!



## Amnesty on Sporting Equipment

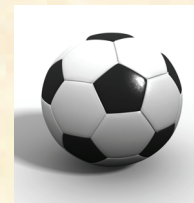
Students and Parents

It appears that many items of sporting equipment has been borrowed by the students to retain at home for recreational purposes. While active play leads to positive levels of health, the loss of school equipment severely impacts on physical and health outcomes for all students and the ability to deliver physical education on an individual learning basis.



No equipment (eg. Soccer balls, footballs, basketballs) has been lent to students to keep at home.

As such, we request the assistance of students and parents to return any sporting equipment that may belong to the school for the next two weeks. No questions will be asked during this amnesty period.



The equipment can be returned to the PE staffroom before school, recess or lunch.

Replacement of equipment costs a significant amount of money. This money would be better spent on sourcing new equipment and developing new programs that further advance the physical and health needs of students.

Your assistance in this matter would be greatly appreciated.

Peter Rafferty  
Sports Coordinator



# Variety Santa Fun Run for Schools Program

12th December, 2014

Funds raised through the Santa Fun Run Schools Program will help to provide practical equipment such as wheelchairs, walkers, standers and more for Aussie kids, enabling mobility, independence and self-esteem.

<https://2014santafunrunforschools.everydayhero.com/au/vincentia-high-school>



*Santa suits are available for purchase from the school for \$10.*

## 2015 TRIATHLON NEWS

**Individuals:** 25th February, 2015  
Cost: \$110 Individuals

**Teams:** 27th February, 2015  
Cost: \$30 Teams

### Training Day

Tuesday 9th, December (Week 10)

**Fundraiser:** Husky Long Course  
Sunday 22 February, 2015

Swim Training: Saturday mornings at  
Husky Beach - 9am  
November Training Challenge starting  
soon.

For more information go to:

[www.jervisbaytriathlonclub.org](http://www.jervisbaytriathlonclub.org)  
[www.eliteenergy.com](http://www.eliteenergy.com)



## Camp

## Gallipoli

**Camp Gallipoli** is a once in a lifetime opportunity for all Australians and New Zealanders to come together on the 100th anniversary of Gallipoli to sleep out under the same stars as the original Anzacs did 100 years ago.

In a series of historic locations around Australia and New Zealand, families, schools and community groups are invited to join in a special night of remembrance, entertainment, mateship and the birth of that special Aussie & Kiwi ANZAC spirit. Each venue will have spaces set aside for camping using swags, just like the Diggers did. There will be entertainment, special guests, movies, documentaries, great food options and a very special Dawn Service on Anzac day itself.

Camp Gallipoli has been fully endorsed by the Anzac centenary committee, Department of Veterans Affairs, Federal Education Department, RSL and Legacy. For more information go to : [www.campgallipoli.com.au](http://www.campgallipoli.com.au)



# Fathers

# Fishing and Parenting

FREE Workshop

**Sussex Inlet 2014**

**Sat. 29 & Sun. 30 November**

*Places limited  
Register to participate today*

To register contact: Kim Oliver  
0428 494 034 or 4423 6233

or complete the registration form at this venue



Presenters:

**Steve Starling**

Fishing/Boating/Outdoor Journalist and Educator  
& former TV Presenter

**Dr Liz Cuninghame**

Local GP and Facilitator of the Practical Parenting  
Workshops for the Shoalhaven.



Do you have a young child  
between the age of 0-8 yrs?

Would you like fishing tips  
from one of Australia's  
best-known fishing  
identities?

Tips on fishing with kids –  
make it fun!

Join other local fathers to  
share parenting  
experiences

FREE fishing pack

An initiative of the Shoalhaven Parents  
Early Intervention Parenting Program  
funded by the Department of Social  
Services



Presented by BBCR

# MUSIC TRIVIA NIGHT

FUNDRAISER FOR 92.7BBCR COMMUNITY RADIO

VINCENTIA GOLF CLUB.

FRI NOVEMBER 21ST

DOORS OPEN 7PM.

TICKETS \$15 EACH OR

\$80 FOR A TEAM OF 8.

TRIVIA FOR THE MASSES.

RAFFLES. LUCKY DOOR

PRIZES & MORE.

FOOD & DRINKS AVAILABLE

FOR PURCHASE FROM CLUB.

TICKETS CAN BE PURCHASED @ THE DOOR.

TO BOOK IN OR FOR MORE INFORMATION CALL GAIL ON  
4443 9244.

(Under 18's must be accompanied by adult)



**Bakers Delight** is organising

a drive for their

**Christmas Cake and Fruit Mince Tarts**

Vincentia High School will make a \$2.00 profit for every item purchased.

You can purchase:

- ◇ Fruit Mince Tarts - \$8.50 per box
- ◇ large Christmas Cakes - \$15.00
- ◇ Christmas Tree shaped cake - \$8.00
- ◇ 'Cakes and Tart Combo' includes a large cake and a box of fruit mince tarts - \$20.00.

***None of these products contain mixed peel***

Bakers Delight will gift wrap them in cellophane and Christmas ribbon and deliver them to the school. Details will be in next weeks Newsletter.



Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Clinical Coordinator)  
Family and Carer Mental Health Program,  
Illawarra Shoalhaven Local Health District presents:

**A new intervention for  
FAMILIES AND CARERS**  
**"Staying Connected When  
Emotions Run High"**

This FREE workshop will be extremely relevant if you support someone who:

- Has relationship difficulties
- Demonstrates changing emotions & strong overwhelming feelings
- Displays impulsive & destructive behaviour e.g. cutting
- Has a diagnosis of Personality Disorder

**Date & Time:**

Tuesday  
18 November 2014  
9:15 registration  
9:30am – 3:30pm

**Venue:**

Aboriginal Cultural  
Centre  
22 Kenny St  
Wollongong

RSVP: Toni Garretty:

[toni.garretty@sesiahs.health.nsw.gov.au](mailto:toni.garretty@sesiahs.health.nsw.gov.au)

## Girls and Youth League Football Trials

Southern Branch Football Club is holding trials for girls and boys for its 2015 competition teams.

Under 13 girls are trialling on Sunday 2 November 1pm, Tuesday 4 November 6pm and Sunday 9 November 1pm.

Boys are trialling on Sunday 16 November U12s at 9am & U13s at 10.30am; Tuesday 18 November U12s & U13s at 6pm; and Sunday 23 November U12s & U13s 2pm.

All trials are being held at South Nowra Football Fields.

To register complete the online forms at [www.southernnswfootball.com.au](http://www.southernnswfootball.com.au) Further details can be obtained from Phil McColl Southern Branch Manager on 0418 255 209.

## Traineeship Opportunity - Certificate II in Business

Sanokil is looking for new enthusiastic young team members to undertake full time traineeship (12 months). You will be based at our office in Bomaderry. The successful candidate will be involved with all aspects of the company with a strong focus on customer service and sales support.

This role will lead to many exciting career opportunities and future employment within our growing business.

If you have a genuine interest in working in business and becoming part of our team email your resume and cover letter to [hr@sanokil.com.au](mailto:hr@sanokil.com.au).

## Football NSW Southern Branch Girls & Youth League Trials



**Trial Dates -**

U12-17 girls - Sunday 2, Tuesday 4 & Sunday 9 November  
U12-15 boys - Sunday 16, Tuesday 18 & Sunday 23 November  
South Nowra Football Fields

Register online at - [www.southernnswfootball.com.au](http://www.southernnswfootball.com.au)

Further info Phil McColl, Southern Branch Manager 0418 255 209

# SHOALHAVEN YOUTH REFERENCE GROUP

## Volunteers wanted

A fun way to have a say and help other young people in the region

If you're 16-25yo and passionate about young people apply online at the headspace Nowra website (google 'headspace Nowra' and follow the links). We'll get in touch with you. Applications open now. Meetings fortnightly. Events monthly. Awesomeness constantly.

FOR PICS AND VIDEOS OF SYRG ACTIVITIES  
FIND HEADSPACE NOWRA ON FACEBOOK



## YOU WILL GAIN:

### QUALIFICATIONS & TRAINING:

media skills  
Mental Health First Aid  
dealing with the public  
youth health promotion  
stuff for your resume  
professional references

### EXPERIENCE:

event planning  
professional meetings  
leadership  
media performance  
film making  
social media  
public speaking

### FUN STUFF:

plan and run events  
talk about youth issues  
make friends  
eat lots of food  
make a difference  
casual, social, fun



Vincetia High School

Mountain Bike Fundraiser

Bunnings, Nowra

Sunday 14th December, 2014



Each year Vincetia High School participates in many mountain bike events. Over 80 students participate in these events which are held as far away as Canberra. To help subsidise some of the cost for 2015 which includes entry fees, transport and accommodation. The school will be holding a BBQ fundraiser at Bunnings, South Nowra.

*We really need your help!!!*

The BBQ runs from 7am till 6pm and we need about 5 people in attendance each hour. If you can help support this very worthwhile cause, please fill in the slip below and return it to Ms Boyce before 31<sup>st</sup> October, 2014. Volunteers need to be 18yrs of age or over.

Thank you for your support



Vincetia High School

Mountain Bike Fundraiser Bunnings Nowra

14<sup>th</sup> December, 2014

My name is \_\_\_\_\_ and I can assist at the  
Bunnings BBQ on

Sunday 14<sup>th</sup> December between the hours of \_\_\_\_\_.

My mobile number is \_\_\_\_\_

My email address is \_\_\_\_\_

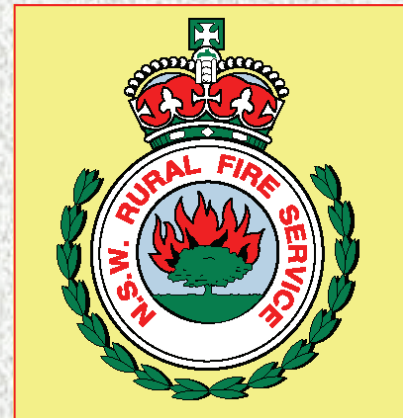
## Uniform Shop Volunteers Needed

The Uniform Shop is seeking a couple of volunteers to help out with

“Year 7 Orientation  
Afternoon” this year.

It will be on Tuesday November 25th  
from 3.30 to 5.30pm

If you can help phone Uniform Shop  
4441 6766 or Kath on 0431 270 115



## Crossroads Rural Fire Brigade Notice Permit Time!

We are now in the fire danger period. We look like having a busy fire season regardless of the recent heavy rains. This means that no burning off can be done without a permit issued by the NSW Rural Fire Service.

To obtain a permit, please call the Shoalhaven Fire Control on 4424 4424. That office will provide you with the name and telephone number of the relevant Permit Officer for your area.

Borrowed from [http://www.staysmartonline.gov.au/kids\\_and\\_teens/dealing\\_with\\_cyber\\_bullying](http://www.staysmartonline.gov.au/kids_and_teens/dealing_with_cyber_bullying)

## Dealing with cyber bullying

Like other forms of bullying such as verbal abuse, social exclusion and physical aggression, cyber bullying may result in the targeted person developing social, psychological and educational issues. While cyber bullying is similar to 'real life' bullying it also differs in some ways:

- ♦ it can occur 24/7 and a child can be targeted at home
- ♦ it can involve harmful material being widely and rapidly sent to a large audience, for example, rumours and images can be posted on public forums
- ♦ it can provide the bully with a sense of relative anonymity and distance from the target, so there is a lack of immediate feedback or consequences.

Here are some **basic** steps to help deal with cyber bullying

**Ignore it** - don't respond to the bully. If they don't get a response they may get bored and go away.

**Block** - the person. This will stop you seeing messages or texts from a particular person.

**Tell someone** - tell an adult you can trust. You may want to talk to your mum, dad or a brother or sister. You can contact the [Cybersmart Online Helpline service](#), call Kids Helpline on 1800 55 1800, visit the [Kids Helpline website](#) or the [Headspace centre](#).

**Keep the evidence** - this can be useful in tracking the bully down. Save texts, emails, online conversations or voicemails as evidence.

### **Report it to:**

your school - they should have policies in place about bullying and cyberbullying.  
your ISP and/or phone provider, or the website administrator - there are actions they can take to help.

the police - if there is a threat to your safety the police will help. Call Triple Zero (000) or Crime Stoppers on 1800 333 000.

Further information about cyber bullying is available at the [Cybersmart website](#)