



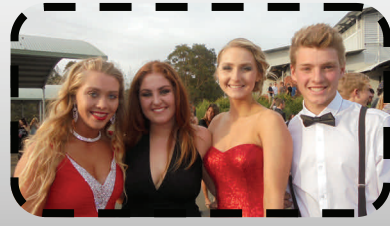
## 'Fabulous Formal for Year 12'

The School hall was transformed into something quite magical last week for our class of 2014 year 12 Formal. A huge thank you to Mrs Carrie McIntyre and her support team for the hours and hours of work and the huge effort that went into making the night one to remember.

137 graduates were joined by their family and friends to celebrate finishing Year 12. Over 300 guests enjoyed a delicious buffet style meal with a 'Sweet Treats' dessert and lolly bar to finish with. The photo booth was a hit as always and the dance floor was always full.

The HSC results will be out on the 17<sup>th</sup> December and whilst some students have already gained early entry to University, others will be waiting on the results to make their decision about which direction they take for their future. We wish all students the very best of luck with their future endeavours and feel confident that you have gained the skills to make the most of your future and will embrace the opportunities that come your way. Goodbye and Good Luck we will miss you all!





# Remembrance Day Service

At our school assembly on Tuesday 11 November, Vincentia High School commemorated Remembrance Day and paid tribute to our service men and women both past and present. Defence Transition Mentor Mrs Copeland put together a presentation acknowledging the contribution of Australia's Indigenous Defence personnel and other young Defence members who served in World War 1.

Mrs Copeland, Mr Hogan and our Cadet students performed a flag raising ceremony and laid two wreaths at school. Following the service at school, Mrs Copeland escorted Defence Cadets Daniel Bergsma, Brandon Pickford, Natasha Cook, Aaron Banfield and Jordana McLaren to Huskisson RSL Sub-Branch Remembrance Day service at Voyager Park.

This poignant service was attended by representatives from the Sub-Branch, Ladies Auxiliary, HMAS Creswell, Shoalhaven City Council and other local organisations and members from the community. Vincentia High School was the only school present at the service, which was highlighted in the address given by the Commanding Officer, Steve Hussey, from HMAS Creswell.

The Huskisson RSL President, Mr Greg Tindall, thanked the students for attending the service. Following the service, one hundred pigeons were released to represent each year of the centenary of World War 1. The students received a lot of praise from the older members of our community for attending the Remembrance Day service.



# Learning Valuable Skills in Construction

Under the instruction and guidance of teacher Mr Brendan Gibson, the year 11 construction class are learning to design and build outdoor furniture, cubby houses and cabins. The outdoor table settings with a shelter will be placed around the school for students to use at recess and lunch. A cabin will be used in the agriculture farm and some will be available for sale.



# Remembrance Day

11 NOVEMBER

## In Flanders Fields

poem by Lieutenant Colonel John McCrae, 3 May 1915

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

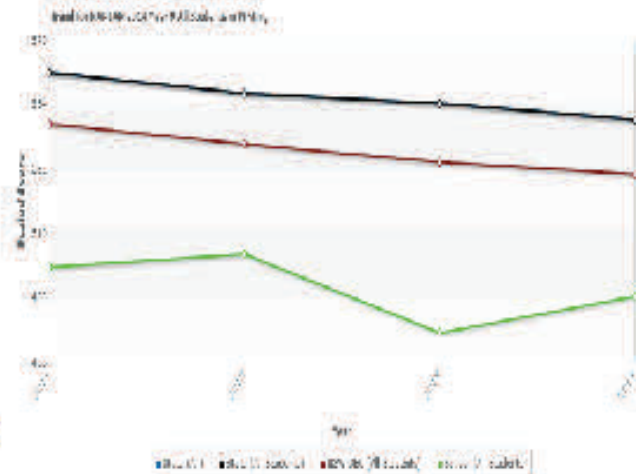
*lest we forget*

## NAPLAN Success for Vincentia High

*This year our NAPLAN results for students in year 7 to 9 show the most improvement of any school in the Illawarra South East area. Our NAPLAN results show an upward trend whilst the State trend has been on a steady decline for the past few years.*

Vincentia High School has been involved in a National Partnership to improve the literacy outcomes of our students. The Commonwealth Government has funded our program over the past two years due to the significant number of students who experience socio-economic disadvantage.

Our school NAPLAN and Higher School Certificate results have shown that there is a gap between our results and overall state results. The funding is used to help close the gap.



The school results are shown in green at the bottom of the graph while the top line represents all students across NSW. Even though our results are still below the State scores, they are consistent with other low Socio-economic status schools. However, the best news is the rise in the graph over 2013 results show an upward trend whilst the State trend has been on a steady decline.

These results prove that the programs put in place at Vincentia High through National Partnership funding are working to close the gap between our school and other schools who have greater socio economic advantage.

# SHOWCASE



---

Thursday

November 27, 2014

6pm

Vincentia High School Hall

Tickets on sale at the  
school office \$5 each!

# Celebrating our school spirit!

The values of Vincentia High School are

**Respect, Responsibility  
& Personal Best**



Tickets have been **donated** to the school by **Integrity Real Estate** in recognition of our school values.

This weeks recipients are:

**Bronte Trew, Caitlyn Warren-Bolte, Teneshia Ross, Jackie Milani, Erin Steeles Talia Rodrigues - Year 7**

Exceptional school and work ethics

**Courtney Edwards - Year 7**

Awesomeness in her TAS assessment "Space Base"

**Elyse Marr - Year 9**

Amazing in designing and working on the MTB track around the school and showing the boys how to do it.

**Jayden Gilby - Year 10**

Handing in an ipod he found yesterday in the hall after lunch.

**Natalie Hooper - Year 11**

A very hard worker who always tries her best and strives to achieve perfection in her work, she is amazing in Retail Services

**Kristen Bradshaw - Year 11**

Above and beyond in CAFS Year 12, Term 1 Kristen embraces a community feel in the class. Helps others with her knowledge and notes and follows all Vincentia High School PBS initiatives. A lovely person to have inspiring Year 12 and setting high standards for the Vincentia High School Community.

**integrity**  
real estate

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- Market Appraisal
- House Price Report
- Rental/Investment Property Report

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[www.integrityre.com.au](http://www.integrityre.com.au)

**jervis bay**  
57 owen street  
huskisson  
4441 7771

**nowra**  
90 worrigee street  
nowra  
4421 0633

**berry**  
49 queen street  
berry  
4464 1966

**integrity strata**  
14/29 kinghorne street  
the halt centre nowra  
4423 5028

These values can be shown in many ways within the school community. It is these actions of our students that we, as a school, are proud of and wish to acknowledge.

Each week a student/s from the school, in any year, will receive a FREE movie ticket to the Huskisson Theatre as recognition of their VHS spirit.

**Congratulations to  
our winners!**

# 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.

### ***P&C Meeting and "Christmas Gathering"***

**Thursday 4th December 2014 at 6.00pm**

**Location: The Waterhouse Jervis Bay  
13 Currambene St  
Huskisson**

**Cost: Approx \$20 to \$30 per head**

**Time: 6pm**



## WHAT'S HAPPENING AT VHS

### 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
- ☞ Koori Radio Station and Basin FM G. Brown 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
- ☞ Gumbari Preschool Garden Project/TheBasin Preschool J. Bedson pds 5-6
- ☞ Industry Visit Youth Advisory Committee Shoalhaven City Council C. McIntyre
- ☞ Scripture seminar in Hall Yr 9 pd 3 and Yr 10 pd 4 Mr Fellows

### Thursday 20/11/2014

- ☞ 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 8 Camp at Camp Wombaroo Bowra Mr Swierenga
- ☞ Year 10 Survivor Walk around Jervis Bay Mr Von, Ms Pastor
- ☞ Yr 9 War Memorial & Questacon Canberra all day Mr Fairs

### Friday 21/11/2014

- ☞ 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
- ☞ Year 8 Camp at Camp Wombaroo Bowra Mr Swierenga
- ☞ Year 10 Survivor Walk around Jervis Bay Mr Von, Ms Pastor
- ☞ Scripture Concert for Yrs 9-10 in Hall Mr Fellows pd 3

### Monday 24/11/2014

- ☞ Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- ☞ Field Trip Engineering Studies Illawarra Fly Mr Kalkman all day

### Tuesday 25/11/2014

- ☞ APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6
- ☞ Koori Radio Station and Basin FM G. Brown 5-6
- ☞ Yr 6 to 7 Parent/Student/Teacher meeting day. Book Pack and Uniform Day

### Wednesday 26/11/2014

- ☞ Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- ☞ Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- ☞ Gumbari Preschool Garden Project/TheBasin Preschool J. Bedson pds 5-6

## 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/vincenia-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. Orders and Payments due by 8 December 2014 orders & payments to be taken to Bakers Delight Vincentia.

**The student who sells the most products will win \$50.00.**

Order form on next page





## EVER THOUGHT OF A CAREER IN REAL ESTATE?

Kick start your career while you're at school. Australian School-based Apprenticeships and Traineeships combine schooling in Year 10, 11 or 12 with training and employment.

- A school-based apprenticeship or traineeship is not that different from a regular apprenticeship or traineeship. The difference is that you still attend school while continuing your apprenticeship or traineeship.
- As a school-based apprentice or trainee, you'll have an employer who will employ and train you on the job plus you'll do some formal off-job training with a training provider.
- Enrolling in a school-based apprenticeship or traineeship has a number of benefits including:
  - your training will contribute towards your SACE (or equivalent)
  - you'll start your chosen career or trade while you're at school
  - you'll earn money while you learn
  - you'll get experience in the trade or vocation of your choice
  - your school-based training will convert to full-time or part-time work when you leave school.
- You'll attend school part of the week, go to work on some days and attend a training provider on others.

RENTAL HQ is looking to invest in the future and we are looking for motivated young people to launch them into the Real Estate Industry.

Contact your school and ask them to contact us:

Michelle Seis – [michelle@myrentalhq.com.au](mailto:michelle@myrentalhq.com.au)  
Mark Stewart – [mark@myrentalhq.com.au](mailto:mark@myrentalhq.com.au)

78 Kinghorne Street NOWRA 2541  
Ph: 02 44236000

Current Year 10 students are eligible to apply  
See Miss Pastor in the Library for more information



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)

## 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

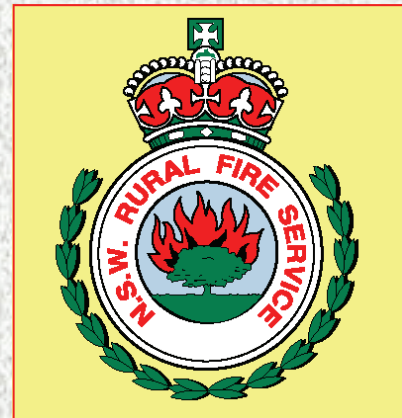
The Uniform Shop is seeking a couple of volunteers to help out with

'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](#)