

Year 7 Camp 2014



The sun was shining and the temperature was perfect. Mrs Morris and her Year 7 students were excited that camp was finally about to happen. The buses arrived, roll call was completed and we were off.

As we left the school grounds we all noticed a storm coming across the bay, but we decided not to look!

Coolendel greeted us with dry camp grounds, birds singing and lizards looking for fresh food. We unloaded the bus and set up camp before lunch was served. Within an hour, sure enough the rain Gods had arrived. Lightning, rain and HAIL! We all bunkered down and let the storm pass; this camp was going ahead rain, hail or shine!

The storm didn't last long and we soon settled into enjoying the camp, making memories, new friendships and having lots of fun. New experiences were shared; canoeing, bushwalking, boot camp, free time and some fun night games which added lots of laughs.

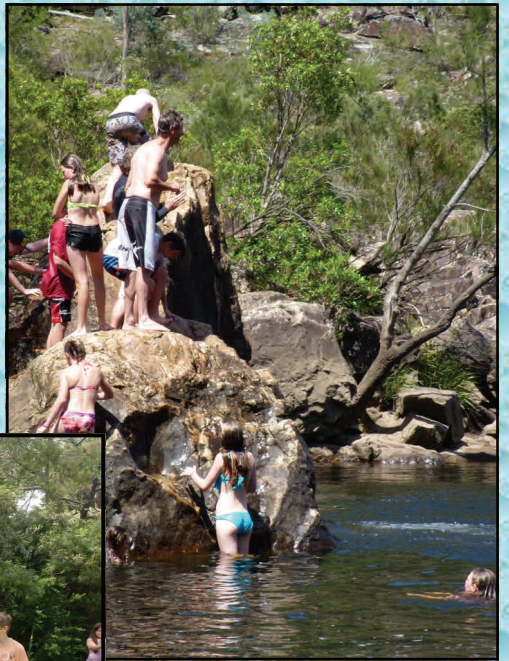
We all enjoyed an array of home cooked meals ranging from; hot roast beef, spaghetti bolognese, salad sandwiches, fresh fruit and salads with cheese cake for dessert and delicious cakes for morning tea.

All Year 7 students would like to thank the teachers who joined them and helped make this amazing camp happen, Mr Foz, Mr Brown, Mr Warner, Mrs Choat, Mrs Boyce, Mrs Brooks, Mr Ryan, Mr Hogan & Mrs Bagwama.

We would also like to send a huge thank you to Mrs Morris for her patience and determination to conquer year 7 camp. We had an amazing time, thank you.



Fun at Coolendel



SENIORS GO BACK TO SCHOOL

Residents from the Illawarra Retirement Trust (IRT), St Georges Basin were invited, by the students from our Support Unit, to experience what school is like today. These residents have been working with the students throughout the year on a program titled 'My Story Matters' run by Vincentia High School and IRT.

The students spend time each week to learn about the seniors' life stories and then record them in written journals as well as an electronic presentation with photos and music to re-tell their story.

On Monday 17 November the residents joined the students for morning tea and attended an interactive English lesson using the Smart Board. Student Chris Lowles demonstrated the use of Google Earth and took the residents on a journey from Vincentia High School to their retirement village and also back to some of the homes where they once lived. The residents were amazed at how much has changed in the classroom compared to when they went to school. The students took their guests on a tour of the school grounds after the classroom lesson.

The program has been running for four years, bringing together two groups of people aged between 14 and 100 who have formed a strong bond and an understanding of each other's life. The students gain the opportunity to develop their communication skills and gain an understanding of another era, whilst the seniors get the enjoyment from sharing their wisdom and feeling a stronger sense of community and belonging.

This program is supported by Essential Employment and Training and Shoalhaven City Council through Youth Development funding and by The Smith Family Partnership Broker program.





SHOWCASE

Thursday

November 27, 2014

6pm

Vincentia High School Hall

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

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 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/The Basin Preschool J. Bedson pds 5-6

Thursday 27/11/2014

- ☞ 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

Friday 28/11/2014

- ☞ 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

Monday 01/12/2014

- ☞ Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- ☞ Yr 11 Hospitality Work Placement

Tuesday 02/12/2014

- ☞ Yr 11 Hospitality Work Placement
- ☞ 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
- ☞ Presentation Assembly 10.30am

Wednesday 03/12/2014

- ☞ Yr 11 Hospitality Work Placement
- ☞ Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- ☞ Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- ☞ Yr 6-7 Transition Day Visits
- ☞ Snorkelling for Marine & Aquaculture Jervis Bay Mrs McKenzie

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 Raftery	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 Raftery	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: 21ST JULY 2014

CLOSE: 31ST 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!



Boys Youth League Football Trials

Southern Branch Football Club is continuing its trials for boys/youth for 2015 competition teams. Trials are on Tuesday 18 November U12s to U15s at 6pm, and conclude on Sunday 23 November U12s to U15s at 2pm. All trials are being held at South Nowra Football Fields. Southern Branch provides an elite level of training and competition for footballers within the Southern Highlands, Tablelands, Shoalhaven, Eurobodalla and Far South Coast Football Association areas. To register for the trials complete the online forms at www.southernnswfootball.com.au



Amnesty on Sporting Equipment

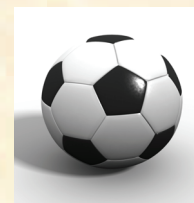
Students and Parents

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

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

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.



**Grand
Pacific
Health**



**medicare
local**
SHOALHAVEN
Connecting health to what you need

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



CHRISTMAS CAKES AND TARTS

School/Organisation: _____ **School Phone Number:** 02 4441 6766

Students Name: _____ **Date of Delivery 17th December 2014**

[illegible]



Get to your feet for brain cancer research and join in Walk4BrainCancer this November.

Walk4BrainCancer Huskisson

Join us for the inaugural Walk4BrainCancer from Huskisson to Hyams Beach and back again on Sunday 23 November, as part of Cure Brain Cancer's national Walk4BrainCancer.

Samantha Egan is organising the walk in memory of her husband Shane, who died on the 6th of January 2011 at the age of 40 from the most deadly form of brain cancer- Glioblastoma Multiforme or GBM.

"Shane was diagnosed in 2006 after suffering bad headaches. An MRI revealed a frontal lobe primary brain tumour. Within the week he had a craniotomy and had the tumour removed. It was a horrific operation. He had radiation and chemo but late 2010 it returned and took over, even after radiation and oral chemo." - Samantha Egan, local walk organiser

Get to your feet to raise awareness and funds for vital brain cancer research. Starting at the Huskisson Pub, Jervis Bay, we will walk to Hyams Beach and then return to Husky Pub.

Following the walk, enjoy lunch together and remember those who we are walking for and give hope to those waiting for a cure.

Step 1: Register at, <http://www.curebraincancer.org.au/events/97/walk4braincancer-huskisson>, to join our local Walk4BrainCancer Huskisson team.

Tickets	
Ticket Type:	Prices
Adult - 16 yrs +	\$30
Child (Under 5 free)	\$20
Family - 2 adults + 2 children	\$90

When:
November 23, 2014
9:00AM to 11:00AM
Registrations Close:
Nov 23, 2014 at 5:00PM
Starting Location:
Huskisson Pub, Owen Street
Jervis Bay, NSW, 2540

Step 2: After registering, click on 'Start Fundraising' in your confirmation email to set up your personal Walk4BrainCancer Huskisson fundraising page. Then, if you are walking as part of a team, set up a team fundraising page and invite others to register to walk and fundraise with you.

Step 3 Invite people to sponsor you and watch the total we raise for Walk4BrainCancer nationally grow.

Wear a touch of purple, or, buy one of our Walk4BrainCancer t-shirts or bandanas.



Budawang Special School

FAMILY FUN DAY, HUSKISSON

on

SATURDAY 6TH DEC. 2014

at the

Lady Denman Heritage Complex, Huskisson



8AM
-
1PM

MAIN ATTRACTIONS INCLUDE

- 
- 
- 
- 
- 
- 
- 
- 
- 
- Super Prize Guessing Competitions
 - Monster Chocolate Wheel - Major Prizes
 - Remote Control Boats On The Pond
 - Nail Driving Competition • Score A Goal Competition
 - Santa Photos and personalized Christmas Baubles
 - Market & Food Stalls • Pony Rides
 - Childrens Kids Zone Including
Petting Zoo, Jumping Castle, Fairy Floss,
Slushies, Face Painting & Balloons
 - Dunking Machine -
bring your swimmers, challenge your teacher!

**ALL PROCEEDS GO TO BUILDING A SENSORY GARDEN
FOR BUDAWANG SPECIAL SCHOOL**



practical property management

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
Mark Stewart –
mark@myrentalhq.com.au

78 Kinghorn Street NOWRA 2541
Ph: 02 44236000

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.

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



Ollie's Fundraiser
22nd November starting at 9am
@ Flip Out Mowra
5 Tom Thumb Avenue, Mowra

The family receives 50% admission profit!!!

Sausage sizzle
Face painting
DJ DISCO
Superheroes everywhere!

COME DOWN AND SUPPORT THIS GREAT EVENT!

Ollie's family have Stage 4 Neuroblastoma. Sadly within the next 12 months he will face his battle against cancer. Let's help this local family by raising funds and supporting them through this troubling time. 50% of this day's profit will be donated to Ollie's family. Help Flip Out give back to the community!

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.

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

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



Vincentia High School Mountain Bike Fundraiser Bunnings, Nowra

Sunday 14th December, 2014

Each year Vincentia 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 31st October, 2014. Volunteers need to be 18yrs of age or over.

Thank you for your support



←----->

Vincentia High School Mountain Bike Fundraiser Bunnings Nowra 14th December, 2014

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

Sunday 14th December between the hours of _____.

My mobile number is _____

My email address is _____

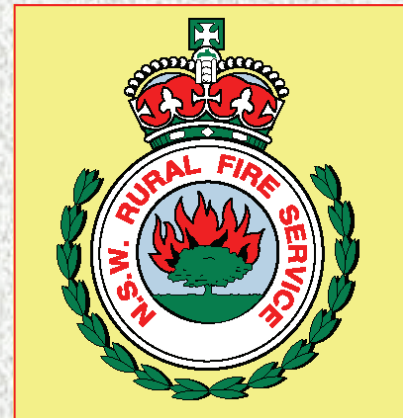
Uniform Shop Volunteers Needed

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

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