

Ben Staeker receives the Victor Chang Science Award

Year 11 student, Ben Staeker was nominated for the Victor Chang Science Award by teacher Mr Swierenga, for his outstanding excellence in Science. Ben came first in Preliminary Chemistry, Biology and Physics this year.

Ben attended an awards ceremony at Figtree High School last week where he was one of thirty high school students from across the state to receive this prestigious award. He has been invited to attend a day at the Victor Chang Cardiac Institute later in the year, where he will have the opportunity to gain valuable work experience with some of the top Scientists in the country.

Vincentia High School would like to congratulate Ben on his fabulous achievement and we wish him well with his future studies and career path.



Drumming Workshop for Boys

A group of boys from Year 9 have been attending Drumming Workshops on a weekly basis at the Bay and Basin Men's Shed. The Burning Drums workshop is a part of the Harmonious Intergenerational Pathways Program run by Bay and Basin Community Resources and funded by Community Builders @ Bay and Basin Men's Shed.

Student welfare worker Ali Taylor and Jonathon Donald, head facilitator of Burning Drums Shoalhaven said that the boys have enjoyed their drumming sessions and taken a lot from the workshops, which are designed to better create an inclusive world. The boys have been working on composing their own piece to perform at school in week 10. "The creation of music, rhythm and sound is essential to all human beings for our psychological, physiological, social, emotional development and wellbeing."



Vincentia High School Presentation Ceremony Invitation

You are invited to the Vincentia High School
Award Presentation Ceremony
on **Tuesday 2 December, 2014 at 10.30am**
in the school hall.

The award recipients will be notified by the end
of the week and a letter will be sent home.

Defence Family Afternoon Tea

Last Friday afternoon, Mr Steve Glenday and Mrs Jacqui Copeland hosted an afternoon tea for Defence students and their families at the Bushscape Café.

Vincentia High School guests enjoyed a lovely selection of finger food, prepared by Mr Mark Swanson, and a variety of beverages made by student Tabitha Hooper.



Whooping Cough Warning



Health
Illawarra Shoalhaven
Local Health District
Public Health Unit

Dear Parent or Guardian and staff,

20/11/2014

A child from the Vincentia High School has been diagnosed with pertussis (whooping cough). I am writing to provide advice and to ask that you watch out for the symptoms of pertussis in your child, especially over the next 3 weeks.

What is pertussis?

Pertussis is an infection of the respiratory tract that can cause bouts of coughing, sometimes breathing difficulties and vomiting. It can be a very serious infection in small children. The illness can last for many weeks. It usually starts with a snuffle or a cold.

What should people who are sick with pertussis do?

If your child or a family member develops symptoms, contact your family doctor as soon as possible and take this letter with you.

This is extremely important if there is a baby less than 12 months of age living in your household.

Your doctor can advise whether pertussis is likely and arrange for early treatment if needed. Treating people who have pertussis with antibiotics can stop the infection spreading, but is more effective if started early.

To help prevent this infection spreading, people who have been diagnosed with pertussis should not attend child care, school or work until they have completed the first 5 days of a course of the recommended antibiotics. If antibiotics cannot be taken, then they must stay away for 3 weeks after onset of the cough.

How is it prevented?

Vaccination is the most important way of reducing pertussis in our community. It is important to double check that your child is fully up to date with his or her immunisations against pertussis. If in doubt, please ask your doctor to check.

Need more information?

For more information, please see the Pertussis Factsheet, or call the Public Health Unit on 02 4221 6700 or visit the NSW Health www.health.nsw.gov.au

Yours Sincerely,

Curtis Gregory
Director

Wollongong PHU, Illawarra Shoalhaven LHD

Public Health Unit – Wollongong Office
Illawarra Shoalhaven Local Health District
ASN 16 323 767 470
Locked Bag 9, Wollongong, NSW 2500
Tel (02) 4221 6700 Fax (02) 4221 6759

School Book Packs

More packs have been ordered and will be available for purchase from
12 December, 2014.

You can order one by contacting the school on
4441 6766 and asking for the school canteen.
Price is \$35.

WHAT'S HAPPENING AT VHS

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

Thursday 04/12/2014

- ☞ Yr 11 Hospitality Work Placement
- ☞ 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 05/12/2014

- ☞ 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
- ☞ Yr 11 Hospitality Work Placement

Monday 08/12/2014

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

Tuesday 09/12/2014

- ☞ 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
- ☞ Triathlon Bike Safety Awareness day. Swim Preparation Ms J. Warren all day

Wednesday 10/12/2014

- ☞ 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
- ☞ Gumbari Honeymoon Bay Camp Mrs Scott 3 days
- ☞ Surf Camp 2014 various local surf location in the Shoalhaven Mr Warner 3 days
- ☞ Centre Point Tower Sydney Industry visit Ms Boyce all day

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**



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 Kinghorne 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



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!



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

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

Budawang Special School

FAMILY FUN DAY, HUSKISSON

on

SATURDAY 6TH DEC. 2014

8AM
-
1PM

at the

Lady Denman Heritage Complex, Huskisson

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

[illegible]

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 _____

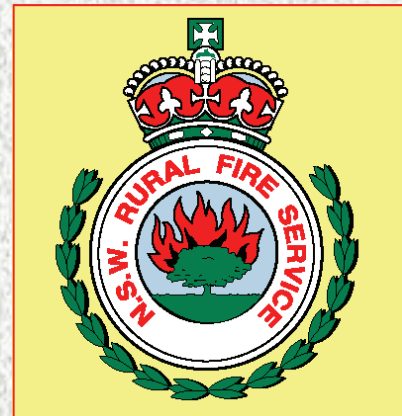
My email address is _____

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.



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