

# YEAR 12 TAS STUDENTS EXCEL AGAIN!

On Friday, 21 November, 2014 Mr Donohue and Mr Warner accompanied a group of students to the **Faculty of Engineering and Information Sciences NSW Senior STEM Competition** awards ceremony held at **University of Wollongong**.

**Lisa Morgan** won '**Best Female Student in the State of NSW**' for **Industrial Technology – Timber**. Lisa designed and built a revolving bookcase for her Industrial Technology Wood major works, largely utilising recycled materials for the construction. The project was a work of art, design and construction involving highly detailed techniques including the manufacture of a stem bending system. Lisa's project was also nominated by the **Board of Studies** for inclusion in the **InTECH** display of the **top 20 projects for NSW at Homebush!**



**Jessica Burdfield** was also nominated by the **Board of Studies** for her **Design and Technology** major work to be included in the **top 20 projects for the State**. Jessica designed and built a '**surf daybed**' with a funky wave shaped roof that included the use of recycled denim jeans for the mattress covering.



Congratulations to **Riley East** for **1st place** for his **House Intercom System** and **Dylan Powling** for **2nd place** with his **Retro Pong Game** for **Industrial Technology - Electronics**.



Vincentia High School was also awarded the '**Indigenous Community/Rural School for NSW**'.

Congratulations to these students and staff involved in achieving excellent results at state level. We wish you all the very best of luck with your future studies/careers.

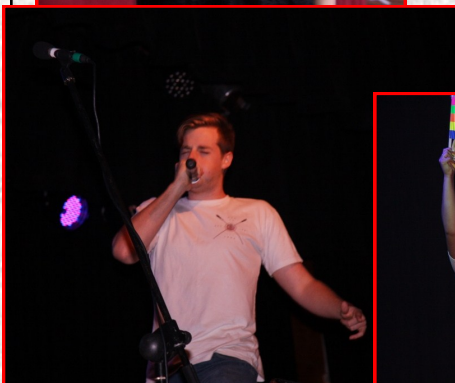
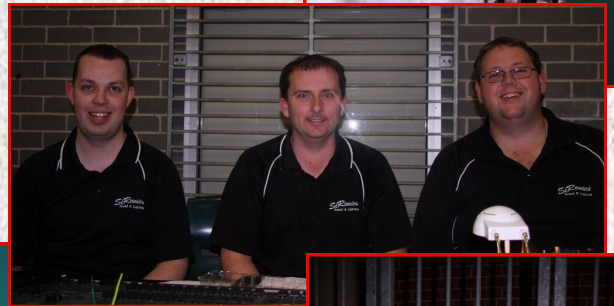


# Another Spectacular Showcase

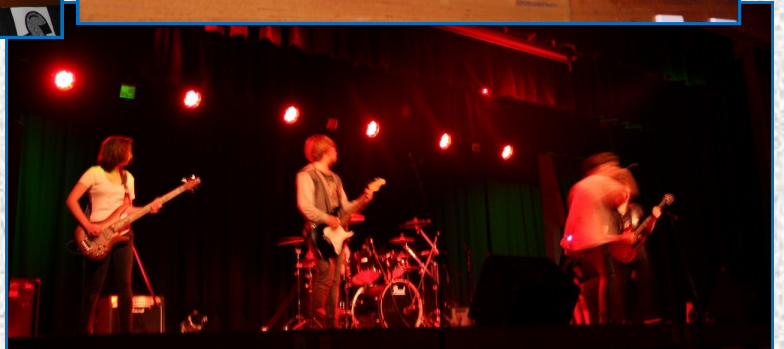
Showcase this year had over 50 talented students who performed everything from Rock to Musical theatre.

Many thanks to Mr Barkwith, Mr Sadler, Mr Revesz and Ms Norman who have worked tirelessly to bring us another spectacular display of Vinnie High's finest Creative and Performing Arts Students - their encouragement and dedication in guiding these students through the many rehearsals is very much appreciated.

Although many students were a little nervous to take to the stage, they gave an outstanding performance and the audience were in awe of the variety of talent. Thank you also to the School Captains for playing the MC "Jimmys" for the show and SiRenics for the sound and lighting.



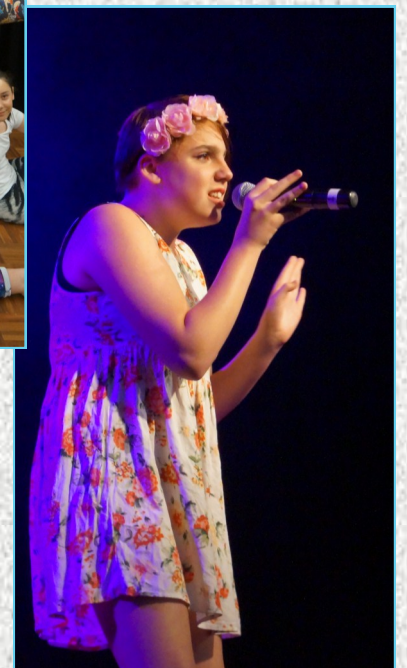
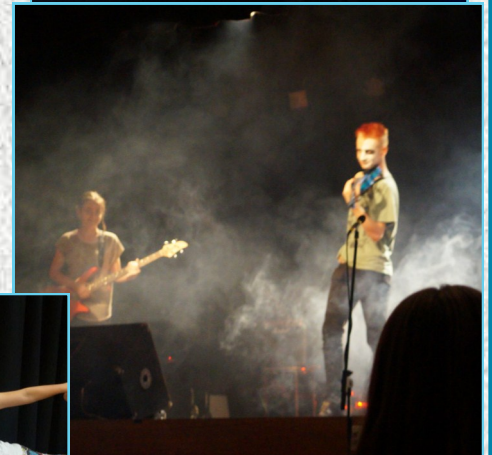














## WHAT'S HAPPENING AT VHS

### Thursday 04/12/2014

- ☞ Year 10 Final Assembly
- ☞ 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

- ☞ Year 10 Celebration - 7pm
- ☞ 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
- ☞ Gumbari Honeymoon Bay Camp Mrs Scott

### 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

### Thursday 11/12/2014

- ☞ 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
- ☞ Gumbari Honeymoon Bay Camp Mrs Scott
- ☞ Surf Camp 2014 Various Local Surf locations in the Shoalhaven Mr Warner
- ☞ Centre Point Tower Sydney Industry visit Ms Boyce all day

### Friday 12/12/2014

- ☞ 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
- ☞ Surf Camp 2014 Various Local Surf locations in the Shoalhaven Mr Warner

### Monday 15/12/2014

- ☞ Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- ☞ Take Over Tathra MTB Tathra Mr Wright

### Tuesday 16/12/2014

- ☞ 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
- ☞ Take Over Tathra MTB Tathra Mr Wright

### Wednesday 17/12/2014

- ☞ Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- ☞ Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- ☞ Take Over Tathra MTB Tathra Mr Wright

## 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

### Term 1 2015

27th January - 2015 Staff Development day

28th January - 2015 Years 7, 11, 12

29th January - 2015 Years 8, 9, 10

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

**This is dangerous and causes congestion**

# 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 Office for \$10**

2014charity  
**santaride**  
by integrity

**Thursday  
11<sup>th</sup> December, 2014  
Vincentia Primary  
School to Husky Pub  
6pm**



**Santa suits available  
from Vincentia High  
School Office for \$10**



# 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](http://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  
ABN 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.



# FOOD HAMPER APPEAL FOR THE SALVATION ARMY

Mrs Hudman is collecting donations of non perishable foods, and other items, to make up Christmas hampers for the Salvation Army to distribute to people in need in the Shoalhaven.

Examples of suitable items would be: cereal, tin fruit, long life milk, rice, pasta, biscuits, dishwashing/laundry liquid, body wash, hand cream, Christmas napkins, Bon-Bons, lollies, chips etc.

If you would like to contribute please send your items to school with your student or drop them at the front office by Friday 12 December.

Thank you.



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

## 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: 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!







# WHAT IS SOUP?



**A Dinner event**  
**13th Dec. 5pm-8pm**

Soup... is a microgranting dinner where participants pay \$10 for soup, salad and a vote and hear from four presentations. Each presenter has an idea for a project that would improve their community in some way. Participants vote on the best idea and that presenter then brings their idea to fruition using the proceeds of the night. Cool idea huh! Help support it!

**Interested?**

Phone Gemma on  
4443 9244 for more  
info or bookings.

\*Brought to you by Bay  
and Basin  
Community Resources  
and funded by NSW  
Office of Communities

SOUP is a YouthMoves Project\*

## **Bomaderry Junior Rugby League Football Club Registration Day 2015**

**Saturday 31st January 2015**

**Bomaderry Sporting Complex 10.00am - 1.00pm.**

The club will be entering teams from the Under 6's - Under 17's  
and also the newly formed Girl's League Tag Teams 9 - 14 years of age.

Register on line now for our Early Bird discounted special Go to [http://  
swampies.leaguenet.com.au](http://swampies.leaguenet.com.au)

Shorts, Socks and Training Shirt/ Singlet are included in Fees.  
For more information contact the President Steve on 0403591014.





Budawang Special School

## **FAMILY FUN DAY, HUSKISSON**

on

**SATURDAY 6TH DEC. 2014**

at the

**Lady Denman Heritage Complex, Huskisson**

### **MAIN ATTRACTIONS INCLUDE**

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- 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**



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**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 31<sup>st</sup> October, 2014. **Volunteers need to be 18yrs of age or over.**

Thank you for your support



**Vincentia 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 \_\_\_\_\_

\_\_\_\_\_



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