



# Gumbari Work Crew

The boys from Gumbari have been hard at work beautifying the school and making it safer for everyone. You may have seen them working down near the bus bay with their Hi-Vis shirts and other safety gear to comply with Welfare Health and Safety requirements. They have been active in other parts of the school working on maintenance issues and projects such as repairing and cementing seats in the playground, tree and stump removal, planting new native trees and making chook pens in the TAS workshops when it is raining.

Currently the crew are working on a garden of natives with retaining walls that will enhance the look of the bus bay. Mr Hughes has been instructing the work crew as to different construction methods and landscaping and gardening skills. It will not only make the school a more peaceful and beautiful place to be, but will also give the crew life-long skills that will help them in their out-of-school work experience in the more senior years, and enable them in their transition to post-school work placement.

If you see Mr Hughes and the Gumbari work crew around the playground, you may just want to stop and congratulate them on the good, hard work they have been doing around the school to make it a safe and attractive place to be.



# ACT Mountain Bike Championships

Vincentia High School entered 55 competitors in the ACT Mountain Bike Championships last week. They rode in great conditions with a bit of blood, sweat and tears, failed gears and quite a few flat tyres. There were some very exciting finishes!

A huge congratulations goes to all Vincentia High School competitors for a fabulous effort with lots of students on the podium!

Among the winners were the Girls College Division with Brooke Crossland, Karla Thompson and Leah Davidson. The Senior girls also came 1<sup>st</sup> with Beatrix Brady, Elyse Marr & Rhianna Brown and 2<sup>nd</sup> with Emily Pickering, Emily Laing & Meg Anderson. The Junior girls came 3<sup>rd</sup> with Ruby Young, Courtney Edwards & Nellie Gray. Terrific effort girls!

Thank you to Ms Boyce, Mr Wright, Mr Nelmes & Mr Foerster and helpers Ross & Luke Harden, Daryl Head & Amy Ross for your dedication and support on the day.



# 'Adventure Race' Squad SMASH the Noah's Challenge!



It was a great effort by the 20 students that competed in the Noah's Adventure Challenge at West Nowra on Saturday 6 September. The boys won the overall squad division against the Navy, local businesses and the Police squads! The boys also won the School division and beat other local schools including Scott's College and took out 1<sup>st</sup> and 2<sup>nd</sup> in the under 18's. The girls squad won the School division and also took out 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the under 18's. In the pairs division Liam Dooley and Wade Garin came 3<sup>rd</sup> and Troy Whittington and Owen Browne came 4<sup>th</sup> in this category!

The Noah's Adventure Challenge is a combination of Mountain Bike riding, Cross Country running and Canoeing. The race is an entry level event designed for anyone aged 12 – 90 years of age. The idea is to raise vital funds for Noah's Ark Centre Shoalhaven while having some outdoor fun with family and friends.

A huge Congratulations to both of the Vincentia High squads: Wade Garin, Liam Dooley, Troy Whittington, Owen Browne, Jayden Lee, Joshua Hawker, Jordan DeVries, Jeremy Head, Jake Trew, Isaac Grainger, Elyse Marr, Beatrix Brady, Nellie Gray, Tilhaney Grainger, Leah Davidson, Brooke Crossland, Emily Laing, Emily Pickering, Rebecca Miles and Terri Milani.

Well done, you are all amazing Mr Wright, Ms Boyce and Vincentia High are proud of you!





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

We welcome information from parents about your 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.

# 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:

## Nicholas Kennedy Year 7

Applying himself 100% to Vincentia High Schools CORE values in an education and sport setting. He applies himself at sport and helps above and beyond each Thursday.

This positive attitude is expressed by Nicholas to his year group each and every day.

## Campbell Blair Year 7

For being Mr Foz's 'Mrfixitwiththecomputer'

## Coraleigh Hogan Year 9

Has been a really big help at Homework Centre on Wednesday afternoons.  
Displaying a proactive attitude and often helps me pack up or assist with the food.

## Brodie Ward, Travis Askew, Brock Steel Year 10

Working above and beyond to improve the Ag plot infrastructure by building an Alpaca Chariot and 7 moveable chicken enclosures. Additionally their commitment to learning about their automotive projects

## Natalie Hooper Year 11

Peer mentoring in the education of Year 8 Technology

## Emily Howard and Lincoln Grace Year 12

For helping fellow students develop their essay writing skills.

**integrity**  
real estate

## Buying? Selling? Renting?

If you would like a free no obligation:

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

Call us now on 4441 7771

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

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

**nowra**  
90 worrigger 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 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!

## WHAT'S HAPPENING AT VHS

### Thursday 11/09/2014

- ☞ My Story Matters Mr Lee pds 3-4
- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- ☞ Yr 11 Construction Work Placement
- ☞ Yr 11 Hospitality Work Placement
- ☞ Indigenous Girls Cert 111 Fitness Excursion Redfern NCIE Mrs Lynch
- ☞ Garabara Ngurra - NAISDA Dance Camp/NAISDA Headquarters J. Hill all day
- ☞ Coondoo Classic 2014 Mountain Bike Event Coondoo Road Mountain Bike Course J. Wright
- ☞ Yr 6 to 7 'Taste of High School Day' fpr 2015 at VHS Mrs Morris, Mr Brady

### Friday 12/09/2014

- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- ☞ Gumbari Reward Excursions/Various Location Ms Scott pds 3 - 6
- ☞ Regional Athletics Bruce Stadium Canberra Mr Raftery all day
- ☞ Gymnastics program Gumbari at Woollamia Gymnastics Club Mr O'Keefe pds 1 & 2
- ☞ Yr 11 Construction Work Placement
- ☞ Yr 11 Hospitality Work Placement
- ☞ Garabara Ngurra - NAISDA Dance Camp/NAISDA Headquarters J. Hill all day
- ☞ Taste of turkey Excursion Wollongong K. Fuller all day.

### Monday 15/09/2014

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

### Tuesday 16/09/2014

- ☞ 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
- ☞ Yr 11 Construction Work Placement
- ☞ Yr 11 Hospitality Work Placement
- ☞ Vincentia High School yr 6 to 7 testing day at VHS Mrs Morris all day.

### Wednesday 17/09/2014

- ☞ Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- ☞ Gumbari Booderoo Program - Chillax/Booderee National Park Mr Asbury pds 5-6
- ☞ Yr 11 Construction Work Placement
- ☞ Yr 11 Hospitality Work Placement
- ☞ Great White Shark at Imax & Sydney Aquarium Darling Harbour Mrs McKenzie all day

### Thursday 18/09/2014

- ☞ My Story Matters Mr Lee pds 3-4
- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- ☞ Year 7 Gala Day
- ☞ Yr 11 Construction Work Placement
- ☞ Yr 11 Hospitality Work Placement
- ☞ Year 12 Final Roll call Assembly

### Friday 19/09/2014

- ☞ Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- ☞ Year 12 Taste of Transition to work House with No Steps Nowra all day K Codey all day
- ☞ Gumbari Reward Excursions/Various Location Ms Scott pds 3 - 6
- ☞ Gymnastics program Gumbari at Woollamia Gymnastics Club Mr O'Keefe pds 1 & 2
- ☞ Yr 11 Construction Work Placement
- ☞ Yr 11 Hospitality Work Placement
- ☞ Last Day Term 3

### Tuesday 07/10/2014

- ☞ First Day Term 4

## YOUR SCHOOL CONTACTS

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

## LEADERSHIP AND SOCIAL ENGAGEMENT CONTACTS

<b>M Morris</b>	Year 7 Adviser
<b>G Keogh</b>	Year 8 Adviser
<b>J Powter</b>	Year 9 Adviser
<b>J von Stieglitz</b>	Year 10 Adviser
<b>H Pastor</b>	Year 10 Adviser
<b>P Raftery</b>	Year 11 Adviser
<b>S Brunswick</b>	Year 12 Adviser

## TERM DATES:

**Term 3 2014**  
**14th July - 19th September 2014**

**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**

Ms McIntyre is collecting jars - without lids - in all shapes and sizes.

If you have some spare jars please send them in.

Thank you.



## Uniform Shop Annual 20% off Sale

Monday, September 8  
to  
Friday, September 19  
during normal shop hours

Only stock in shop  
EXCLUDES Woollen Jumpers

No Refunds or Exchanges

Payment by Cash or Eftpos  
(no cheques)

## Parent Workshops:

*“Life Skills safe partying, drugs & drinking”*

**October 30**

*“Christmas Party”*

**November 27**

These workshops are held prior to the P & C meetings each month in conjunction with Bay & Basin Community Resources. These workshops are designed to engage, enthral & enlighten the life and times of teenagers, adolescent psychology and the trials of moving through high school to life and beyond .....

**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...



# 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.

Thank you.  
Crossroads Rural Fire Brigade

## Crossroads Rural Fire Brigade Open Day

September 13, 2014  
Commencing 9am



Come and see your newest Fire Brigade in the area and join in a fun filled family day. Attractions include jumping castle, face painting, community education, fire demonstrations, fire trucks and much more.

Talk to your local firefighters and enquire about joining  
After visiting your fire brigade, why not pop across to:

## Bay and Basin Leisure Centre Open Day

September 13, 2014  
Commencing at 10am

Loads of Activities for the Whole Family: Car boat sale, half price unlimited waterslide passes, sample our fitness classes and swimming lessons and much more.



# A HUGE THANKYOU!

FROM CARESOUTH  
TO ALL OUR FOSTER,  
RELATIVE AND  
KINSHIP CARERS.

**YOU CAN MAKE  
A DIFFERENCE.**

You could become a  
CareSouth Foster Carer.

Foster care can be a rewarding  
journey for individuals, couples or  
families. By providing a stable, caring  
home environment you can make a  
positive difference in a child's  
life. CareSouth provides  
exceptional support.

To find out more, visit our website  
or contact our friendly team.

**EVERYDAY**

**CareSouth**

[www.everydaycaresouth.org.au](http://www.everydaycaresouth.org.au)

1300 554 260

# Play Touch Football

STARTS 8<sup>TH</sup> OCT 2014  
FROGS HOLLA

COMPETITION  
STARTS SOON  
SIGN UP TODAY



WHEN: Wednesday  
DIVISIONS: Mini's / Boys / Girls / Mixed  
COST: \$55.00  
REGISTER:  
[www.muta.sportingpulse.net](http://www.muta.sportingpulse.net)  
CONTACT: Kim Roughley  
PHONE: 0467564565  
EMAIL:  
muta@hotmail.com.au



PLAYNRL.COM



SATURDAY STARTS AT 10AM  
18TH OF OCTOBER

## SCHOOL FAIR QUILT AND CRAFT SHOW

LIVE MUSIC / MARKETS / LOLLY SHOP  
FACE PAINTING / FIRE ENGINE DISPLAY  
JUMPING CASTLE / CRAFT STALLS  
FUN FOR THE WHOLE FAMILY



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Dream up a creation, make it, and show it off

OVER \$2000 IN PRIZES!

# LIVING MY WAY

BEING PREPARED  
CONFERENCE

A conference about how you can prepare for the changes to the disability service system

Aboriginal Disability Network  
New South Wales

Dates: 1 and 2 October 2014, 9am-4pm

Location:  
Auditorium, Western Suburbs Leagues Club  
88 Hobart Road, New Lambton

Registration fee: \$395  
Includes conference registration, dinner and 1 night accommodation at the Executive Inn next to the venue

Keynote speakers include:

- The Hon. John Ajaka MLC, Minister for Disability Services and Ageing
- Damian Griffis, Chief Executive Officer, First Peoples Disability Network Australia
- Workshop presenters from across the NSW disability sector

For further information and to make payment:

Contact the event manager - Carol Vale, Murawin: 0400 294 331, [carol@murawin.com.au](mailto:carol@murawin.com.au)

# 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



## Growing Gorgeous Boys into Good Men!

- Adolescent boys – they seem to disappear into another world where they barely communicate, and where fast cars, alcohol and drugs are constant temptations.
- Will they survive to become good men?
- How can parents and schools understand and help them through this difficult and dangerous time?

### Celia Lashlie

After 15 years as the first female prison officer, Celia knows what can happen when boys make the wrong choices. She also knows what it's like to be a parent – she raised a son on her own and feared for his survival. During the recent Good Man Project she talked to 180 classes of boys throughout. The result was a significant insight into the minds of teenage boys and what they are feeling in this period of their lives. There are challenging suggestions for parents if they want to see their sons become the good men they want them to be. Celia is a great speaker and her talk gives parents food for thought and plenty of hints to work with their teenage sons. *All parents will find something valuable in this talk - regardless of whether they have sons or not.*



#### FREE

##### Nowra

Tuesday 28<sup>th</sup> October  
12:30pm-2:30pm  
Shoalhaven Entertainment  
Centre, Bridge Rd, Nowra



#### FREE

##### Shellharbour

Wednesday 29<sup>th</sup> October  
9:30-11:30am  
Centenary Hall, Tongarra rd,  
Albion Park



#### FREE

##### Wollongong

Wednesday 29<sup>th</sup> October  
6:00pm-8:00pm  
Wollongong Hospital  
Auditorium, Level 8 Block C.



*Please arrive early to allow workshops to commence on time.*

**Bookings Essential: Ph. Donna Forknall: (02) 4254 2700**  
(Places may be limited) [Donna.forknall@sesiahs.health.nsw.gov.au](mailto:Donna.forknall@sesiahs.health.nsw.gov.au)



Health  
Illawarra Shoalhaven  
Local Health District



D3090 Princes Highway  
WANDANDIAN NSW 2540  
**Ph: (02) 4443 4746**  
Mobile: 3400 134 745  
ABN: 66-136-440-776

# TALENT QUEST

## “CONTESTANTS WANTED”

(Singers, Dancers, Musicians, Comedians, Actors & Bands)

### BOMADERRY BOWLING CLUB

*Every Wednesday Evening*

10<sup>th</sup> September 2014 – 8<sup>th</sup> October 2014

Offering Great Prize Money

JUNIOR HEATS	SENIOR HEATS	GRAND FINALS
AGES: 15yrs and Under	AGES: 16yrs & OVER	JUNIOR & SENIOR
10 <sup>th</sup> September 2014	24 <sup>th</sup> September 2014	
17 <sup>th</sup> September 2014	1 <sup>st</sup> October 2014	8th October 2014

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For further information or to enter  
please call (02) 44436760  
or email [serenity@sirenics.com.au](mailto:serenity@sirenics.com.au)

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