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.
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 1st with Beatrix Brady, Elyse Marr & Rhianna Brown and 2nd with Emily Pickering, Emily Laing & Meg Anderson. The Junior girls came 3rd 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 1st and 2nd in the under 18’s. The girls squad won the School division and also took out 1st, 2nd and 3rd in the under 18’s. In the pairs division Liam Dooley and Wade Garin came 3rd and Troy Whittington and Owen Browne came 4th 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.

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 Rafferty 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
- Vincenbia 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 Booderee Program – Chilax/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

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 Grayling  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 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.
Parent Workshops:

“Life Skills safe partying, drugs & drinking”
“Christmas Party”

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, enthrall & 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...

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)

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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)
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

1300 554 260
Play Touch Football
STARTS 8TH OCT 2014
FROGS HOLLA

COMPETITION
STARTS SOON
SIGN UP TODAY

WHEN: Wednesday
DIVISIONS: Mini’s / Boys / Girls / Mixed
COST: $55.00
REGISTER:
www.eastsports.com.au
CONTACT: Kim Roughley
PHONE: 0467 564 565
EMAIL: muta@hotmail.com.au

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

SATURDAY
18TH OF OCTOBER
STARTS AT 10AM

DREAMIT
MAKE IT
FESTIVAL

We are encouraging artists, builders, chefs, mechanics, musicians, makers and creators of all ages to participate in this exciting and innovative festival. Register your creation online at

www.dreamitmakeitfestival.com
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: $95
Includes conference registration, dinner and 1 night accommodation at the Executive Inn next to the venue

For further information and to make payment:
Contact the event manager – Carol Vale, Murawin: 0400 294 331, 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. Absolutely awesome.

YOU WILL GAIN:
QUALIFICATIONS & TRAINING:
media arts
Mental Health First Aid dealing with the public youth health promotion staff 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

headspace www.headspace.org.au

Shoalhaven youth
SYRG reference group

FOR PICS AND VIDEOS OF SYRG ACTIVITIES
FIND HEADSPACE NOWRA ON FACEBOOK
Growing Gorgeous Boys into Good Men!

- Adolescent boys – they seem to disappear into another world where they rarely 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 100 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.

TALENT QUEST

“CONTESTANTS WANTED”
(Singers, Dancers, Musicians, Comedians, Actors & Bands)

BOMADERRY BOWLING CLUB

Every Wednesday Evening
10th September 2014 – 8th October 2014
Offering Great Prize Money

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<th>JUNIOR HEATS</th>
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For further information or to enter please call (02) 44436760 or email serenity@sirenics.com.au
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.