



# Workplace Learning Shoalhaven Youth Frontiers Presentation Day 2015

On Wednesday, November 11 a presentation ceremony was held to celebrate and acknowledge the achievements of the students and Mentors who participated in the Youth Frontiers Mentoring program this year. Eight students from Year 8 had the chance to build their life skills and self-confidence by completing a community project of their choice with the support of a volunteer mentor.

**Ethan Fletcher** and **Thomas Power** with the support of mentors David Walsh and Adam Tagg, organised a Sports Clinic for primary school students. **Lucy Graham** supported by mentor Lorraine Fraser-Walsh organised a Life Skills Expo in the school hall for Year 8 students. **Lexie Moorcroft, Teneisha Ross** and **Tilhaney Grainger** with mentor Donna Corbyn organised a Self-esteem Workshops for Year 8 students. **Amy Dreyer** and **Sarah Ewers** with mentor Angela Jenkins researched threatened species living near our school and organised a campaign to educate the school community about endangered species.

The aim of Youth Frontiers is to:

- ◆ Increase student involvement in volunteering and community activities
- ◆ Help you to overcome barriers to taking part in your community
- ◆ Help you to develop life skills in teamwork, communication, leadership and decision making which will help you now and later in life
- ◆ Celebrate the contribution that you and other young people make to your local communities

Mr Glenday and Mr Brady presented certificates to the students and their mentors and the students each gave a visual presentation about their project. The ceremony finished with a morning tea. Vincentia High would like to thank Linda Hawkins from Workplace Learning Shoalhaven for giving our students the opportunity to participate in this program. We would also like to thank the mentors and supporting staff Ms Taylor and Mrs Copeland for their dedication and support of the students involved, without your help this program would not be possible.



# SRC Leadership Camp



On 19<sup>th</sup> – 21<sup>st</sup> October 50 of our SRC members headed off to Outdoor Education in Wyee for the annual SRC leadership camp. The objective was to develop leadership qualities and to improve teamwork among all members of the SRC.

During the three day camp, several activities were arranged for participants that would push them out of their comfort zones and encourage teamwork. On the first day, after students unpacked and a briefing about the camp was given by facilitators, participants were split into 2 groups, purple and blue.

The first day consisted of four activities. The first was a Super Drop, where we were harnessed up and jumped off an 8 metre tower. This was the first of many challenging activities which pushed everyone to their limits.

As the day continued the SRC split into their groups, half went off to the high ropes course and the other half to abseiling. The high ropes consisted of many challenging stages. Each participant was required to cross each stages to get to the safe zone. As the stages progressed, the ropes got higher and higher, finishing off with a flying fox.

Abseiling was a choice of 5 or 10 metres. Each member of the SRC was harnessed up and chose their wall. Once strapped in and ready to go, we made our way down the rock-face in a 'L' shape. The more experienced and confident members had the opportunity to jump down, increasing the speed of their descent.

The first night finished up with a disco and team building activities. Each member dressed up as their favourite hero and participated in various activities.

On the second day of camp, participants woke at 6:30am and were launched into the day. The two main activities consisted of 'Mud World' and the 'Survivor Challenge'. Mud World, as the name suggests, involved an extreme amount of mud and water, among other obstacles. Some of the obstacles included climbing walls and crawling through pipes, which, although slightly uncomfortable, was a heap of fun.

The Survivor Challenge tested participants wits and balance as they attempted to make their way across a stretch of water to a central platform. Wooden planks had to be carefully rested in a specific pattern, with the aid of some rope, to create an unsteady and precarious path. There were more than a few people who found themselves wet and muddy once again.

After getting warm and dry, and having some lunch, we headed back out for a climbing activity and the giant flying fox, which were both awesome! An afternoon storm put a halt to our activities, but some laser tag and bowling that night was definitely a highlight.

Day three kicked off like a firework. After waking in early hours of the morning, we were out and about within the hour, with our list activities including the leap of faith and the giant swing. The leap of faith consisted of climbing a telegraph pole, standing at its peak and jumping out in an attempt to grab hold of a trapeze, almost 3 metres away from the pole. It was so scary. The giant swing involved someone in a harness being suspended 15 metres above the ground, then initiating their own fall, resulting in a swinging motion until their momentum was lost. Gosh! What a day!

Overall we couldn't be happier with the outcomes - all participants truly engaged in every session and responded well, making a valuable contribution to their weekly programs.





# SRC Camp



# Prestigious Science Award for Liam Dooley

Year 11 student Liam Dooley was awarded the prestigious 'Victor Chang School Science Award' for demonstrating the highest achievement in scientific studies. Nominated by his Physics teacher Mr Hogan, Liam will now have the opportunity to visit the Victor Chang Cardiac Research Institute in Sydney and carry out scientific experiments under the supervision of leading researchers.

Liam said that he was surprised to win the award and that he enjoyed both Chemistry and Physics because the subjects helped to explain how and why the world works. He said he wasn't sure what career path he will take after school but he is sure it will involve university and some aspect of the sciences.

The award ceremony took place last week at the University of Wollongong's Innovation Campus with students presented awards in front of teachers, families and friends.



## Books Packs for Year 7, 2016

Book packs for Year 7, 2016 will be available for purchase next Tuesday, November 24 between 4pm and 5.30pm. The packs are of excellent quality and are \$40.

You can also purchase packs Monday to Friday at recess (10.05am-10.30am) from our 'School Works' retail store located on the ground floor of A block.

Cash only at the store or you can pay with credit card at the front office during school hours.

# Lest We Forget



Despite the rain, a dedicated number of veterans, Defence personnel and community members gathered at Voyager Park on Wednesday November 11 to attend Huskisson RSL Sub-Branch's Remembrance Day service.

The service began with a reflection on the origins of Remembrance Day and a reminder of the horror of 'The Great War' in which 60,000 Australian lives were lost. Although the rain became heavier, the group respectfully stood in silence as they paid their respects to all of those Australians who lost their lives or suffered in the many theatres of war across the decades.

Unfortunately the heavier rain meant that the remainder of the Remembrance Day service had to be conducted indoors, however this did not dampen the spirits of the group or the reverence of Captain Stephen Hussey's address.

The navy cadets who represented Vincentia High School at the service were **Jordana McLaren, Ella Reid, Ayesha Ure, Mitchell Jones and Sam Jones**. **Jordan Davis** and Mrs Jacqueline Copeland (Defence Transition Mentor) also attended.



# SHOWCASE

**Our annual extravaganza of  
‘Vinnie High Performing Arts’  
talent.**

Thursday, 19th November  
6pm - 8pm

Refreshments available from  
the canteen from 5pm  
Looking forward to entertaining you,  
CAPA staff and students



**Tickets available from the school office - \$5.**

## What's happening at VHS

**Wednesday 18/11/2015**

- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott
- ↳ Support Water Safety Bay & Basin Leisure Centre pds 3-5 Ms Goerlach

**Thursday 19/11/2015**

- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott
- ↳ Sailing with Sailability NSW Shoalhave River pds 1-4 Mrs Clark
- ↳ Showcase In Hall

**Friday 20/11/2015**

- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott

**Monday 23/11/2015**

- ↳ Survival Walk
- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott

**Tuesday 24/11/2015**

- ↳ Survival Walk
- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott
- ↳ Parents and Student meet the teachers 4.00pm - 5.30pm Uniform and books will be available to buy

**Wednesday 25/11/2015**

- ↳ Support Water Safety Bay & Basin Leisure Centre pds 3-5 Ms Goerlach
- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott

**Thursday 26/11/2015**

- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott
- ↳ Support Sailing with Sailability NSW/Shoalhaven River pds 1 - 4 Mrs Clark

↳ Year 10 Celebration Dance

**Friday 27/11/2015**

- ↳ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10 Mrs Scott
- ↳ Year 8 Welfare Day Jamberoo Fun Park all day Mrs Morris
- ↳ UOW Maths & Stats Explorers Day yrs 8-9 all day Ms Povolny
- ↳ Dance & Didge NAISDA Performance Carriageworks Redfern all day Mr Hill

## **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
R Gilbert	Deputy Principal Stage 5 (Yrs 9 & 10) (Rel)
P Greylung	Head Teacher Teaching & Learning Stage 5
P Taylor	Deputy Principal Stage 6 (Yrs 11 & 12)
H Pastor	Head Teacher Teaching & Learning Stage 6 (Rel)
J Oxley	School Administration Manager
W Bruffey	Head Teacher Admin (Rel)
G Keogh	Head Teacher English (Rel)
W Nelmes	Head Teacher Sport
G Smith	Head Teacher Mathematics
L Swierenga	Head Teacher Science (Rel)
L Ryder	Head Teacher CAPA
J von Stieglitz	Head Teacher HSIE (Rel)
A Newton	Head Teacher TAS
P Raftery	Head Teacher PDHPE (Rel)
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
K Walker & P Charlton	- School Counsellors

## **LEADERSHIP AND SOCIAL ENGAGEMENT CONTACTS**

C Ryan & L Brooks	Year 7 Advisers
M Morris	Year 8 Adviser
G Keogh & L Swierenga	Year 9 Advisers
J Powter	Year 10 Adviser
J von Stieglitz & H Pastor	Year 11 Advisers
K Edwards & G Brindley	Year 12 Adviser

**Vincentia High  
School Presentation  
Day**  
**Tuesday 1<sup>st</sup> December 2015**  
**10.30am - 12.30pm**

**P & C Meeting**

**Wednesday, 25<sup>th</sup> November, 2015.**

**Christmas Party** at the Waterhouse in Huskisson starts at 7.30pm.

# PARENT? PARTNER? DUAL-SERVING COUPLE?

Tell Defence about your experiences in the  
**ADF Families Survey**



Are you a partner or parent of a permanent ADF member or a permanent ADF member looking after dependants on your own?

Defence recognises the significant contribution of ADF families in supporting military members in their duties.

We want to know what you think and what support you need to help manage the challenges of military life.

Complete the online survey from 16 November to 7 December 2015

[www.defence.gov.au/dco](http://www.defence.gov.au/dco) or [www.dfa.org.au](http://www.dfa.org.au)



## Book Amnesty for November : calling all students.

Please check under your beds, in the dark corners of your room, bottom of last year's school bag, anywhere you might have an outstanding library book. Bring it back to the library no questions asked. A number of our books are outstanding for more than 6 months, it's costly to replace them but more importantly others cannot read them.



**Math Tutoring  
available please  
call Col Evans  
0403 064 986**



## NOWRA HUB LAUNCH & Community Fair

**FRIDAY 20 NOVEMBER 2015**  
LIFESTYLE & WELLBEING ACTIVITIES PLUS LOADS OF FUN & ENTERTAINMENT – 11.00 AM TO 3PM

The Nowra hub is an inclusive centre open to everyone where all ages and abilities are welcome. An epic day of fun, check out what the hub has to offer. Activities and entertainment include:

- Pipe Band
- Disco with DJ
- Rockabilly Interactive Dance
- DIY Workshop
- Health and Wellbeing Talks
- Beauty Demonstration
- Photobooth
- Massages
- Prize wheel with free prizes given away throughout the day
- Horse and Carriage Rides
- Fire Truck
- Hearing Checks
- Exercises with Personal Trainer
- Mozaics
- Christmas Craft
- Tile Painting
- Beading & Dreamcatchers

Great prizes! Interactive lifestyle & wellbeing displays, activities & information brought to you by over 20 community partners. Check out the Community Gateway website, Face Book page or Instagram for full details of the day and a list of community partners.

[www.communitygateway.net.au/nowlaunch](http://www.communitygateway.net.au/nowlaunch)

**FREE  
for  
Everyone**

EVENT LINK

### Community Hub Nowra

69 Berry Street Nowra. Ph: 02 4428 7300.

[info@communitygateway.net.au](mailto:info@communitygateway.net.au)

[www.facebook.com/communitygateway](http://www.facebook.com/communitygateway)

[www.twitter.com/commgateway](http://www.twitter.com/commgateway)

follow Community Gateway



[www.communitygateway.net.au](http://www.communitygateway.net.au)



## INTERESTED IN STUDYING?

TAFE ILLAWARRA NOWRA IS GOING ON TOUR  
Our friendly customer service representatives are coming to a location near you. Find out more about what courses are on offer in 2016 and how you can take the next step towards a better future!

DATE	TIME	LOCATION
Tuesday 27 October	11am	Orient Point Village
	12pm	Culburra shops
	1pm	Callala Bay shops
	2pm	Callala Beach Community Hall
Thursday 29 October	11am	Huskisson White Sands Park
	12pm	Vincentia shops
	1pm	Sanctuary Point shops
	2pm	Sussex Inlets shops
Monday 2 November	10.30am	Wreck Bay Village
Thursday 5 November	12pm	Greenwell Point pool
	1pm	East Nowra shops
	2pm	Nowra CBD Stuart St carpark
	3pm	Nowra - Park Opp Ex Services
Tuesday 17 November	11am	Kiama - Manning St (near SLC)
	12pm	Gerringong - Fern St carpark
	1pm	Shoalhaven Heads shops
Thursday 19 November	11am	Berry shops
	12pm	North Nowra shops
	1pm	Bomaderry shops (near the memorial park)
Thursday 26 November	2pm	Ulladulla Civic Centre

See us at the Shoalhaven River Festival  
Saturday 24 October 11am

Save the Date!

Explore your options at  
Choices Day: 9am - 1pm  
Saturday 5 December at  
TAFE Illawarra Nowra

FOR FURTHER INFORMATION  
4421 9888



MBA | COOKA | DAPTO | MULGRAVE | NOWRA | HOME VALLEY | NOBRA | GUBBERYAN | BURILAMBROLI | ULLANGLIA | WOLLONGONG WEST | YALLAH | VALLA

## WORLD EDUCATION PROGRAM (WEP) Australia



## Bring the world to you and host an overseas exchange student in 2016!

Rita N (17) from Italy is one of the fittest in her class! This sporty twin is passionate about athletics. She has grown up hearing stories of her parents' trip to Australia and now she's excited to make her own memories!

Ludovica V (17) from Italy likes singing and plays guitar and piano. Ludovica enjoys cooking - a skill she learnt from her father and grandmother. She is looking forward to coming to Australia and meeting her host family.

Camilla V (16) from Italy is a hard working student who enjoys school. She participates in a theatre group and takes piano lessons. Camilla's dream is to travel and discover the world! She can't wait to discover Australia!

Sofia D (17) from Italy loves to Dance! She enjoys ballet, contemporary, hip hop and tango. When she's not dancing she enjoys playing beach volleyball and looking after her dog. She can't wait to meet her host family!

Miftah C (17) from Italy loves playing soccer. In fact, his dream is to become a soccer coach when he is older. He also enjoys painting and gardening with his dad. He is excited to come to Australia and to meet his host family!



WEP Australia is looking for wonderful volunteer host families willing to open their home and hearts to overseas exchange students arriving in January 2016. Hosting provides families with a way of welcoming a slice of the world into their lives without leaving the comfort of their own home! If you are as eager as these students are to share your culture, contact us now!

Phone 1300 884 733

Email [info@wep.org.au](mailto:info@wep.org.au)

Web [www.wep.org.au/host/](http://www.wep.org.au/host/)



## Log Book Run

### 'Lost in waste'

### A landfill odyssey

Need some log book hours? There is an opportunity for you and your supervisor to experience a range of driving conditions and activities including Police RBT, Driver Reviver fatigue stop and a trip to Berry Waste and Recycling Depot.

A **FREE** Learner Log Book Run will be held on **Saturday 5 December** leaving and finishing in **Nowra** between 10.00am and 12.30pm.

Bookings are essential: Please phone Kathy Wiseham Shoalhaven City Council Road Safety Officer on (02) 4429 3484



## SAVE THE DATE

Celebrating Our Resilience and

Wellbeing Forum

You are invited to join in the conversation

When: 3rd December 2015

Where:

Shoalhaven Entertainment Centre, 42 Bridge Road Nowra

A conversation that:

- Facilitates a space that enables conversations where health and wellbeing is seen as everybody's business
- Empower the whole community to use language that encourages wellbeing
- Addresses as a community issues around stigma, a barrier that stops people discussing both mental ill health and wellbeing.

Facilitator  
**Helen Glover**  
Enlightened Consultants

Supporting people to live,  
love and play in the community  
despite the  
presence or absence of  
Mental Health Issues.

Who should attend?  
Community leaders  
Sporting groups  
Religious leader  
Health leaders  
Members of the community  
Community groups

Registration details soon

This project is possible due to a Capacity Building Grant from Illawarra Shoalhaven Partners in Recovery Program

