



Indigenous Ranger Graduates

Vincentia High School Café hosted the 3rd Indigenous Ranger Program on Wednesday 18th November. **Celestine Hampton, Chloe Jones, Wanika Seymour, Tiarn Williams-Locke, Zane Carter, Phillip Brown and Jesse Mundy** graduated the 2 year program and received a Certificate 2 in Conservation and Land Management.

The program involves the students studying for their Certificate 2 while gaining valuable hands on experience working on country with local national parks and other service providers in our community. The Indigenous Ranger Program provides the students with cultural knowledge and valuable life skills for future employment.



Indonesian Youth Exchange Students perform at Vincentia High School

The Australian Indonesian Youth Exchange Program (AIYEP) is a group of 18 Indonesian students visiting Australia who we had the privilege of hosting last week. They gave an Indonesian Cultural Performance of a range of dances from different provinces' across Indonesia.

Mayor of Shoalhaven Joanna Gash welcomed the students and accepted a plaque which will be displayed in the front office. After the performance the Indonesian students were invited to a lunch with Vincentia High Indonesian students, which gave the students a chance to converse with each other and improve their language skills. AIYEP is an Australian Government Initiative to promote cross-cultural understanding between the two countries.



Showcase 2015

Congratulations to all Showcase cast and crew for yet another fabulous night of entertainment! Highlights included the captain's quirky games, the final performances from our very professional graduating year 12s, the cool sounds of **Rebecca Malby** on flute with the year 11 band, fabulous dances and drama acts, topped off by a very entertaining version of the 4 chord song led by **Isaac Grainger**. Big Thanks to the hardworking CAPA staff especially Josh Barkwith, Tye Langford, Jo Revesz, Jessie Norman and Jonathon Hill and to all those who came along to see the show.

Ms L Ryder (HT CAPA)



Year 11 Students Step out of their Comfort Zone

Last week, an adventurous group of Year 11 students headed off to HMAS Albatross to participate in survival training. The morning consisted of three sessions: physical training, light jackstay and survival at sea.

The morning began with some intense cardio exercises led by Petty Officer Daniel Vale and an introduction to “Oscar” the mannequin. Oscar, an injured teammate, had to be carried on a stretcher by designated Year 11 students as they undertook exercises all over the oval, leaving Oscar behind was not an option.

After a brief rest, the students then jogged from the oval to the site of the light jackstay with Oscar on his stretcher. A light jackstay is a method in which personnel or light cargo is transported between two ships. Through teamwork, and the leadership skills of **Karla Thompson** and **Brooke Crossland**, Oscar was safely evacuated across the line.

The final part of the morning was the survival at sea activities. After a brief explanation of the safety features of their life jacket the Year 11 students eagerly jumped into the refreshing outdoor pool. Once in the water the students were taught basic survival skills such as the benefits of drawing your legs up to retain body heat and huddling together in groups to increase survival rates. Next, the students pulled themselves into the life raft and listened to the experiences of Defence personnel who have spent many days on the ocean in such rafts.

Finally, after all of the sessions had been completed it was time to head to the Junior Sailors Mess for a well deserved serving of hot food.

Congratulations to Mr Ryan, Ms Joura and the students for completing all of the day’s activities with such enthusiasm. Also, thanks to Chief Petty Officer Daniel MacQueen and his team for organising such a unique experience.

Mrs Copeland





VINCENTIA PUBLIC SCHOOL

George Caley Place, VINCENTIA N.S.W. 2540 Ph: (02) 4441 7 188 (02) 4441 7 180 Fax: (02) 4441 5 192
Email: vincentia-p.school@det.nsw.edu.au Website: <http://www.vincentia-p.schools.nsw.edu.au/>

Are you doing a toy clear out prior to Christmas?

Planning a move?

We can help with your excess!

In an effort to reduce personal items coming in from home we would like to organise a collection of toys that children can borrow for lunch breaks. This will cater for the children who are more interested in creative play or who would like a break from physical activity. Also games that can be used for indoor play during wet weather.

We would like to collect donations of toys and games that your children have grown out of, or simply excess toys.

Firstly we are seeking outdoor toys in good condition such as

- Large trucks, diggers etc (Tonka style)
- Small cars, planes etc (Matchbox style)
- Sand and beach play toys (buckets, spades, sieves, moulds etc)
- Plastic animals/figurines (dinosaurs, farm animals, fairies etc)
- Plastic or wooden blocks (Lego/Duplo style, or plain)
- Dolls and accessories

We would also appreciate toys and games suitable for indoor use with students from Kindergarten to Year 6, in good condition, such as

- Board games (Monopoly, Chess, Ludo, Scrabble, Memory Match, Trouble etc. Complete sets please)
- Card Games (Uno, Snap etc)
- Train sets
- Construction (such as Lego, Duplo, K'nex, blocks)
- Threading boards, dominos, tracing stencils,
- Figurines and accessories (Littlest Pet Shop etc)

Toys and games will be clearly marked (VPS) before being borrowed by the students.

Please drop any donations off to the office at Vincentia Primary School

Thank you.

Penny McKenzie

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:

Lauren Allen, Carolyn Samuel, Year 9 Erin McKay, Year 10 Ashleigh Zarb, Rebecca Malby, Tyra Markowska, Jamie Merriment, Helene Piro, Natalie Quinn, Emily Russo, Ellie Strange, Leslee Edwards, Dylan Mundy and Brodie Ward Year 11

These students have shone as reliable, talented and great citizens of Vincentia High School when they stepped up to support the Yr 12 formal by transforming the hall to a forest wonderland to a grade hospitality. Each individual worked above and beyond to help make the night a success.

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 Vincentia High School spirit.

Buying? Selling? Renting?

If you would like a free, no obligation:

- Market Appraisal
- House Price Report
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Call us today on 02 4441 7771

Sell your property with Integrity Real Estate & receive:

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Offer ends 30th November 2015

**Congratulations
to our winners!**

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nowra
4421 0633

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What's happening at VHS

Wednesday 25/11/2015

- ☞ Support Water Safety Bay & Basin Leisure Centre pds 3-5 Ms Goerlach
- ☞ Dance & Didg workshop at Vincentia Public School yrs 7-9 pds 1 to 3 Mr Hill
- ☞ Survival Walk Yr 10 around Jervis Bay Mr Powter

Thursday 26/11/2015

- ☞ Gumbari Working Farm stay and National Field Day Terrara visit yrs 7-10
- ☞ C. Rexmiss all day
- ☞ Support Sailing with Sailability NSW/Shoalhaven River pds 1 - 4 Mrs Clark
- ☞ Dance & Didg workshop at Vincentia Public School yrs 7-9 pds 1 to 3 Mr Hill
- ☞ Year 10 Celebration Dance

Friday 27/11/2015

- ☞ 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
- ☞ Baseball game Ison Park South Nowra all day Mr Swierenger

Monday 30/11/2015

- ☞ Gumbari CPR Training Challenge at Leisure Centre pds 3-4 Mrs Scott
- ☞ CPR Training for Guinness Book of Records at Leisure Centre pds 4-6 Mr Grady
- ☞ Australian Business Week ABW

Tuesday 01/12/2015

- ☞ Vincentia High School Presentation Day commencing at 10.30am
- ☞ Australian Business Week ABW

Wednesday 02/12/2015

- ☞ Australian Business Week ABW
- ☞ Tree Top Adventure Nowra yr 11 all day Mrs Morris

Thursday 03/12/2015

- ☞ Taste of High School Mr Brady, Mr Mason Ms Norman
- ☞ Australian Business Week ABW
- ☞ Support Sailing with Sailability Shoalhaven River pds 1-4 Mrs Clark
- ☞ Gumbari Terara Farm visit all day C Rexmiss
- ☞ Snorkling for Marine & Aquaculture Jervis Bay all day Mrs McKenzie

Friday 04/12/2015

- ☞ Taste of High School Mr Brady, Mr Mason Ms Norman
- ☞ Australian Business Week ABW
- ☞ Hospitality/Food Technology Update Yr 11 all day Mr Newton, Mrs Boyce

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 Greyling	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 Swieringa	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 1st December 2015
10.30am - 12.30pm

Celebrating 2015
International Day of People with Disability

DINNER DANCE **3 DEC**

an all ages, all abilities event
ROCK n ROLL
5.30 START

dance the night away to Frankie's DJ

Nowra Golf Club
Adults \$25
Children \$12.50

prizes for best dressed, best table
and raffle

Tickets ~ House with No Steps
Ph. 4403 0903

Information ~ Susan or Melinda
Ph. 4428 9003



Holly Jelly Storytime

Tuesday 15th December 10am
Songs, dancing and craft
For ages 2-5 years

Meet Santa!

Bookings essential 4429 3712 library@shoalhaven.nsw.gov.au

SHOALHAVEN
Swim & Fitness

Nowra
Aquatic Park

Name our Slides

for your chance to **WIN!**

FREE WATERSLIDING FOR 1 YEAR

Enter "Name Our Waterslides" competition. For details visit shoalhavenswimandfitness.com.au

Shoalhaven City Council



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 Wisaham Shoalhaven City Council Road Safety Officer on (02) 4429 3484



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 or www.dfa.org.au



Australian Government
Department of Defence



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