

Community Engagement through Mentoring



The **YOUTH FRONTIERS Mentoring Presentation** was held on Wednesday, October 19. Eleven Year 8 Students worked for a school term to develop community projects with the assistance of volunteer mentors. At the presentation each group showed a slide show of their project and explained their thought process and the challenges they faced along the way. Shoalhaven City Council Mayor, Amanda Findley presented the students with their certificates and congratulated them on a job well done.

Michaela Beattie and **Connor Birkmyre** with mentor David Broadhurst chose the Centenary of ANZAC theme to design and produce a metal tree sculpture, with the help of Mr Donohue, and had it mounted on a wooden slouch hat. They hung 87 pennies on the branches to symbolise the 87,000 soldiers who lost their lives.

Eden Roszkiewicz with mentor Jennifer Watling chose Community Harmony and organised a morning tea and pet patting day at the RSPCA shelter for the residents of IRT St Georges Basin.

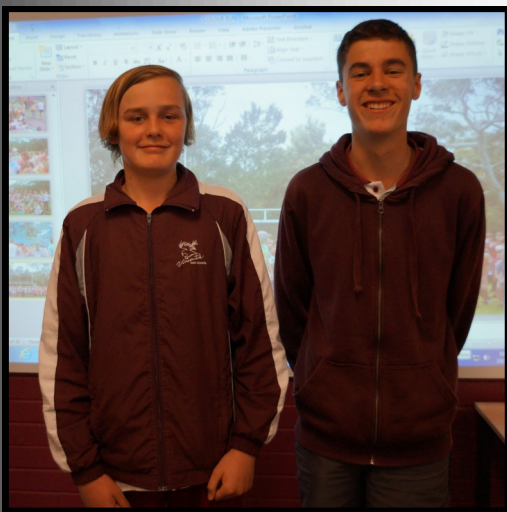
Caitlin Su with mentor Rebecca Hyam worked on Empowering Young Girls.

Mitchell Lopes and **Jayden Baker** with mentor Virginia Tracy chose Sporting Engagement and organised a fabulous Colour Fun Run on the last day of school.

Mikayla Cross and **Jasmines Klimiuk** with mentor Jacqueline Copeland chose Youth Mental Health and with the assistance of Mr Revesz and his Year 9 & 10 Drama class produced a short anti bullying video.

Bonnie Dreyer and **Zoe Clayton** with mentor Angela Jenkins chose Environment & Conservation and organised a contest with the local Primary Schools to design a sign about endangered species in our area. They also held a car park clean up. Mr Donohue made the metal sign for the girls from the design of the winning entry, it will be installed in the car park.

We would like to sincerely thank the mentors for giving up their time to support the students; this program would not be possible without your help and guidance. Thank you also to Linda Hawkins from Workplace Learning Shoalhaven for facilitating the program, Mrs Ali Taylor for supporting everyone and P&C President Peter Dooley for donating and presenting the book vouchers to the Primary School students.



Crossroads

The 'Crossroads' program was held during the first week of Term 4 for the new Year 12 students. The program was held over three days in and out of the school with a number of workshops and activities taking place to educate and assist the students with a variety of different content stemming from the PDHPE syllabus.

The students engaged in a series of workshops addressing relationships, mental health, safe driving and car basics, safe partying, as well as a boot camp run by Peak Fitness on the final day. All the workshops were aimed at developing the students in each of these areas so that as they move closer to adulthood they have knowledge around these aspects of their lives.

There was a camp out at Greenpatch in Booderee on the second night and a group of students took the opportunity to be around each other in the unfamiliar surroundings. All students behaved well and there were only a few possum scares to keep them all on their toes.

The re-implementation of the Crossroads program at Vincentia High was a success with many of the students praising the workshops and how they had learned something new.



I am proud of the students who got involved and made the most of the experience. Hopefully these students will benefit from the program.

John Powter
Year 12 Advisor



Fair day's work for our Dance & Didge Troupe!

The Dance and Didge Troupe had a busy morning last Saturday, they were the opening performance at the Sanctuary Point School Fair at 10am, then they travelled to Nowra and were the opening performance at the Shoalhaven River Festival at 12pm.

The feedback from the audiences were overwhelmingly positive. These students and Mr Hill rehearsed all week during recess and lunch and it really paid off.

Great work team!



Cricket Academy tours Sydney Cricket Ground

On the final Wednesday of Term 3 the Vincentia High Cricket Academy travelled to the Sydney Cricket Ground with Mr Hill and Mr Mason. The students undertook a tour of the world renowned sporting venue and were also given a chance to look around Alliance Stadium.

They were delighted to visit the media box, the SCG Museum - located beneath the Ladies Stand, as well as restricted parts of the Members Pavilion. The highlight undoubtedly was sitting in the Australian and visitor change rooms. Whilst sitting amidst these hallowed walls the students took a moment to reflect on the countless number of champions who had used these rooms.



After the tour the students then had a 3 hour net session at the SCG indoors nets, where they rubbed shoulders with some current first class cricketers. All students are to be commended on their excellent behaviour throughout what was a long and enjoyable day. Any students wishing to participate in the Vincentia High Cricket Academy please see Mr Hill.

Mr Hill

Kokoda Trail

by Andrew Taylor

Earlier this year I applied for and received a scholarship to walk the Kokoda Trail in Papua New Guinea. The scholarship was from the Nowra RSL Sub Branch in honour of Kane Vandenberg, who was killed in a training exercise.

In the last school holidays I flew to Port Moresby and spent 10 days trekking through the most amazing mountain range to the town of Kokoda. The trek was very challenging! So many mountains!

A bit of history – in 1942 the Japanese were moving south through the Pacific toward Australia. They wanted to capture Port Moresby so they built an air base to enable them to bomb Australia. Our troops were all fighting in Europe, so a militia force, with little training - some of who were younger than me at the age of 16 - were sent to stop the Japanese.

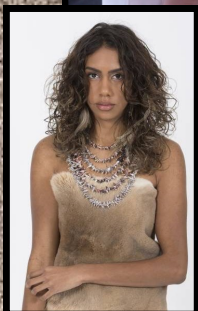
Throughout the trek I learnt heaps about the Kokoda campaign. We walked where the campaign was fought and could still see signs of the battles. Our Leader Charlie Lynn explained the significance and details of what happened at each battle site as we came to it.

The terrain was very difficult – steep, muddy slopes; log and vine bridges; hot humid conditions, but also very cold at the top of the range and lots of biting insects. As unpleasant as this was, unlike our troops, I had plenty of food and water, and no-one was trying to kill me! I am in awe of these brave soldiers many of whom died or suffered injuries protecting our country.

This trek was an amazing experience, one I will never forget! I have learnt a lot about myself and the importance of persistence to achieve a goal. When times are tough, it's your mental attitude and the people who you surround yourself with, that enable you to keep on going forward.



Modelling Contract for Jinama!



Sisters, Kewana and Jinama Whaddy-Parsons have been travelling to Wollongong for the past 6 months to attend the Illawarra's Top Model Competition. Both girls were amongst the 12 Finalists on Saturday night at the Highlights and Grand Ball Awards Ceremony held at the University of Wollongong.

Jinama said "she couldn't believe it" when her name was announced for the Encore Award which gives her a modelling contract with German based modelling agency 'Core Artist Management'! Jinama was quite a shy girl and said that being involved with the modelling contest has defiantly made her stronger as a person, built her confidence and she has gained skills to help her overcome challenges.

Family and friends attended the Ball and were delighted to see both girls up on the stage. Jinama now needs some time to decide when she will be ready to start her new modelling career.



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:

- ♦ **Tom Brotherton & Bruce Carter** who give their best day in day out with focus and dedication.
- ♦ **Kiana Arnes, Hayley Curtis & Sharkira O'Neil** - awesome student's who helped with catering at the end of last term.
- ♦ **Michaela Beattie, Connor Birkmyre, Eden Roszkiewicz, Caitlin Su, Mitchell Lopes, Jayden Baker, Mikayla Cross, Jasmine Klimiuk, Bonnie Dreyer & Zoe Clayton** for their hard work, commitment and dedication to their projects!
- ♦ **Paige Brownlee & Piper Hammond** - Consistent effort and work ethic
- ♦ **Jack Bond, Bianca Karam-McCaffrey, Hannah Kendrick-Plummer, Jarod Leetch, Connor Moorcroft, Rochelle Potts, Ryan Silk** Consistent effort and personal best in English
- ♦ **Elisha Byrnes and Michelle Smart** - Over and above dedication to English Extension
- ♦ **Cate Rosengrave, Hollie Miles, Lekaysha Waldmann & Britny Klohs** Excellent application and consistency in Mathematics
- ♦ **Jacob Insley** Excellent Astronomy presentation in Science
- ♦ **Monique Lee** Consistently staying on task and producing quality work in Science
- ♦ **Taya Birch** Consistently giving her personal best effort in Science
- ♦ **Chelsea White** Consistently giving her personal best effort in Science
- ♦ **Harmony Dyer** Innovative approach in her Term 3 assessment task in Science
- ♦ **Megan Montgomery** Innovative approach in her Term 3 assessment task in Science
- ♦ **Jessica Belling** Mature approach in Science to complete tasks to her personal best
- ♦ **Chona Boroc** Consistent effort in Science to produce quality work

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.

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**Congratulations
to our winners!**

Smile and Win!

School Oral Health and Dental Care Program!

Our school recently partnered with Australian Mobile Dental Care (AMDC) to offer an excellent preventative dental program at **no cost** to students, who are eligible under the federal government's Child Dental Benefits Schedule (CDBS).

To support a **healthier school community**, students wishing to have their teeth checked for a healthy smile, as well as a **chance to win** an Apple Smart Watch and Virtual Reality Headset, should read and return the **parental consent forms** handed out as soon as possible.

The large state-of-the-art clinic will be here in **Term 4 Weeks 5-7** to provide **free assessments** and education to every student. They will provide fully bulked billed services, including a scale and clean, fissure sealants, fluoride applications and further treatment as required. Prevention packages for students in private health funds who do not qualify for the Medicare CDBS scheme with NO GAP payable will also be offered.

This program has been successfully established by AMDC for a number of years now in over 350 schools throughout NSW alone to encourage children to take care of their teeth and gums from an early age.

Student eligibility is based upon the CDBS scheme; if you're not sure whether you qualify for this program, AMDC can check on completion of the consent form and get in touch with you!

We are all very excited to be a part of this amazing opportunity for our students, especially those who struggle to regularly visit the dentist. As we know, bad oral health also affect our students' overall wellbeing, including their eating habits and nutrition, classroom attentiveness, speech development and social confidence.

If you have any questions regarding eligibility and what the program offers, please contact the school or AMDC directly on 02 9761 4700.

What's happening at Vincentia High School

Thursday 27/10/16

- ☞ HSC Exams
- ☞ P & C Meeting
- ☞ Dance & Didge Workshop at VPS
- ☞ Sky's the Limit - Mini Olympics (Support Unit)
- ☞ Body Mantra Project

Friday 28/10/16

- ☞ HSC Exams
- ☞ World Teachers Day

Monday 31/10/16

- ☞ HSC Exams

Tuesday 1/11/16

- ☞ HSC Exams

Wednesday 2/11/16

- ☞ HSC Exams

Thursday 3/11/16

- ☞ HSC Exams
- ☞ Elevate UOW Yr 11 SRC

Friday 4/11/16

- ☞ HSC Exams
- ☞ Yr 8 Girls Gala Day

Monday 7/11/16

- ☞ HSC Exams

Tuesday 8/11/16

- ☞ HSC Exams

Wednesday 9/11/16

- ☞ HSC Exams

Thursday 10/11/16

- ☞ HSC Exams
- ☞ Yr 12 Formal

Friday 11/11/16

- ☞ Remembrance Day

Vincentia High School

P & C Meeting

Thursday, October 27

7pm in Common Room

YOUR SCHOOL CONTACTS

S Glenday	Principal
P Hogan	Deputy Principal Stage 6 (Yrs 11 & 12)
M Meehan	Head Teacher Teaching & Learning Literacy/ Numeracy
R Gilbert	Deputy Principal Stage 4 (Yrs 7 & 8) (Rel)
P Greyling	Head Teacher WellBeing
P Taylor	Deputy Principal Stage 5 (Yrs 9 & 10)
H Pastor	Head Teacher Teaching & Learning 21 st Century
J Oxley	School Administration Manager
M Swanson	Head Teacher Admin (Rel)
G Keogh	Head Teacher English (Rel)
G Smith	Head Teacher Mathematics
T Borg	Head Teacher Science
L Ryder	Head Teacher CAPA
J von Stieglitz	Head Teacher HSIE (Rel)
A Newton	Head Teacher TAS
P Raftery	Head Teacher PDHPE
B Sauvao	Head Teacher Sport
S Clark	Head Teacher Support
J Scott	Head Teacher Gumbari Unit
A Glenday	Head Teacher Learning & Support
K Lane	Head Teacher Ganya Garindja Unit
K Walker	School Counsellor
G Brown	Aboriginal Education Officer Ganya Garindja

Key Dates for Year 12

**# Thursday 13th October till
4th November**

- HSC Examinations

Thursday 10th November

- Yr 12 Formal

Thursday 15th December

- HSC Results

Friday 16th December

- ATAR Results

Vincentia High School

P & C Meeting

Thursday, October 27

7pm in Common Room

NDIS INFORMATION FORUM

Come along to our FREE information forum where we will share our insights, experience and knowledge of the NDIS.

You will gain valuable information that will give you confidence about the NDIS.

Be assured that we are here to support you every step of the way.

All venues are accessible and parking is available

Light refreshments provided

Please confirm your attendance by contacting the DSA Customer Connections team on 1300 372 121 or email customerconnections@dsa.org.au

Date: Wednesday 16 November

Time: 10am and 6pm

Location: St Georges Basin Country Club
11 Paradise Beach Road, Sanctuary Point



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Contact Lindl Jamieson-Brown your local Saver Plus Coordinator:

0427 439 234

lindl.jamieson-brown@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St. Lawrence and is delivered throughout New South Wales and Wollongong by The Smith Family. The program is funded by ANZ and the Australian Government.