

Important Information for Parents/Caregivers of students who use EpiPens or Asthma Relievers:

CHANGES TO FIRST AID PROCEDURES

Asthma Relievers:

All students who use Ventolin and other Asthma relievers are required to carry their medication with them at all times. These medications are not part of a school first aid kit and are not kept at school. If a student presents to the office in need of an Asthma reliever the staff will phone home or, if necessary call an Ambulance.

EpiPens:

All students who use an EpiPen are required to carry their EpiPens with them at all times. An EpiPen is part of the school's first kit for emergency situations. An EpiPen is kept in the front office for emergencies.

If you have a child who has a condition that requires either or both of these medications you should have a 'Health Care Plan' at school. If you don't, please contact the school to organise one. All Health Care Plans are updated annually and if any of the information in a Health Care Plan changes please notify the school promptly.

Uniform Shop

Due to unforeseen circumstances the Uniform Shop will be closed on

Wednesday, 23 November 2016

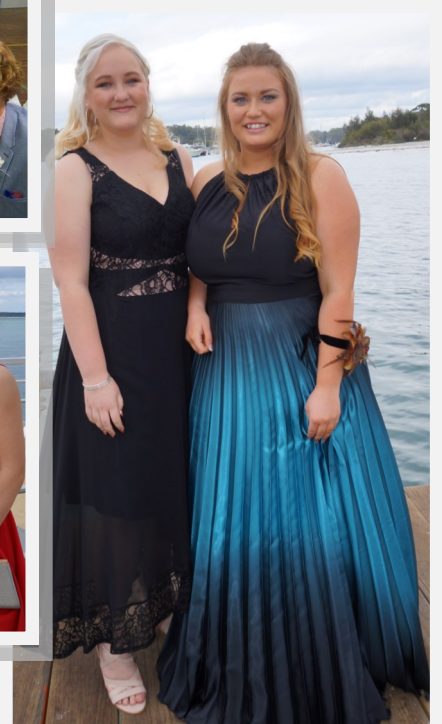
Sorry for any inconvenience

Year 12 Formal 2016

Once again our school hall was transformed with sparkle and glitter to celebrate and farewell our Year 12 students of 2016. Students gathered at the Huskisson Wharf for photos with family and friends before arriving at school for their formal sit down dinner and dance. Parents, partners, friends and school staff attended the evening to farewell these students and wish them all the very best with their future endeavours.

We would like to thank Mrs Mac and her fabulous team of helpers for their endless hours of work, the Hall looked amazing!





Indigenous Rangers Caring for Country

The Indigenous Rangers have been hard at work, caring for country by removing weeds at Orion Beach in Vincentia.

Mr Hill said that it is great to continue working with the Shoalhaven Bushcare groups to ensure our environment stays clean and healthy.



Remembrance Day, 2016

On Friday 11 November, our School Captains and Vice Captains were invited to participate in Remembrance Day services at Voyager Memorial Park War Memorial and Sussex Inlet War Memorial.

Beatrix Brady and Matt Brown (School Captains) read the prologue at the Huskisson RSL Sub-branch service whilst **Suzie Glenday and Joshua Hawker** (Vice Captains) recited the timeless poem *In Flanders Field* at Sussex Inlet RSL Sub-branch's service. The involvement of our students in these poignant services reflects our school's close association with Huskisson RSL and Sussex Inlet Sub-Branchees who continue to support many programs within our school.



Although WW1 is far from living memory, the significance and importance of Remembrance Day still resonates with all Australians making it an important tradition which brings people together from all walks of life.

Lest We Forget



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 17/11/16

- ☞ Mobile Dental Care
- ☞ Careers in Law & Criminology Conference Video Yr 11 Mrs Brunswick
- ☞ **Showcase**

Friday 18/11/16

- ☞ Mobile Dental Care
- ☞ Compulsory Hospitality Practical Vet Assessment Trade Kitchen Ms Boyce
- ☞ Film Appreciation Husky Pictures Yr 10 all day Ms Ryder

Monday 21/11/16

- ☞ Support Sailing with Disabilities Rushcutter Bay all day Mrs Clark

Tuesday 22/11/16

- ☞ The Year 11 Parent and Teacher afternoon will be held in the Library from 4pm - 6.30pm
- ☞ Gumbari Activity Day Lake Conjola Year 7 pds 1-6 Mr Reksmiss
- ☞ NAISDA Celebrates 40 years Yrs 7-8 Carriageworks, Eveleigh Mr Hill

Wednesday 23/11/16

- ☞ Yr 10 Survivor Walk Berrara to Caves Beach to Greenpatch To Vincentia High School Yr 10 3 days Ms Keogh

Thursday 24/11/16

- ☞ Yr 10 Survivor Walk Walk Berrara to Caves Beach to Greenpatch To Vincentia High School Yr 10 3 days Ms Keogh

Friday 25/11/16

- ☞ Yr 10 Survivor Walk Walk Berrara to Caves Beach to Greenpatch To Vincentia High School Yr 10 3 days Ms Keogh
- ☞ Yr 7 Wellbeing day at Jamberoo

**Year 10 Welcome to
Senior School Celebration
Thursday, 8th December**

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 15th December

- HSC Results

Friday 16th December

- ATAR Results

What is Mental Health Month?

The month of October celebrates Mental Health Month in NSW; a national mental health promotion campaign held annually throughout October. The timing of the campaign centres around World Mental Health Day, which is marked each year on October 10.

The theme for Mental Health Month this year is **Learn & Grow**. The main message is to encourage all individuals to learn more about mental health, empowering them to become more aware of their own mental wellbeing and that of others. By understanding more about this important aspect of our overall health, we are encouraged to take action when things aren't going well.

Here at Vincentia High School we kicked off Term 4 by embracing Mental Health Month! Dan Hunt Founder and CEO of Mental Health Movement and retired Illawarra Dragons rugby league player is an ambassador for mental health and steadily works raising awareness state wide. In week 1 Dan attended our school presenting his story to year 11 students as a part of the Crossroads Program. Dan's raw and inspiring approach to sharing his personal journey was both enlightening and empowering for students and staff. Dan's 'My Story' presentation helps to break down the stigma that often surrounds mental health, giving the audience permission to acknowledge their thoughts and feelings and seek help for themselves or help others, also encouraging anyone who is concerned to #starttheconversation. Week 3 saw Dan back again facilitating workshops for various year 9 & 10 students. A number of topics were covered such as; what is resilience, ways to build resilience and providing participants with simple tools and strategies to boost mental health and wellbeing. Dan also addressed our whole school assembly speaking about the importance of being aware of our individual mental health and wellbeing and of our family and friends, encouraging all to #starttheconversation by asking two simple questions. "R U OK?" And "Is there anything I can do for you?" Also explaining how these two simple questions can change a person's life! Dan will return to VHS in the near future to present his story and educational workshops to the whole school community. Keep your eyes and ears open for details! Community members welcome.

In Week 3 Corrie Buchanan Founder of Body Mantra Project facilitated the Body Mantra Workshop for Year 10 girls and a separate session for staff. The mantra for BMP is Love thy body, love thy self! It's a 90 min body love workshop encouraging participants to uncover how they actually feel in their body. The workshop teaches individuals to create their own personal mantra, helping to understand and be aware of how each person would like to feel in their own skin! Also educating participants on how to stop their inner critic and learn simple, fun and transformative tools that help each individual to feel AMAZING! The feedback from this project was positive. Here is a little of what the students said. "I believe the BMP was very relaxing and would benefit a lot of young girls. The program helped us connect with ourselves and to find ways to balance and relax through our stresses. Thank you!" "It was very relaxing and I believe all girls would benefit greatly from the program" and "I think that Body Mantra would benefit a lot of girls out there, and help them to relax and learn to love their bodies. I hope you continue running the program and help many other girls out there".

Overall, our school approach to mental health and wellbeing for the month of October was beneficial with many students and staff reporting the workshops and presentations to be relevant and to have had a positive impact on their mental health and wellbeing, with many believing they have a better understanding of how they may be able to identify and support

loved ones whom might be struggling. Many students were either provided with support at the time of their participation or have since gained support, which is a great outcome. For support here are some great contacts for your information.



Headspace

Website – www.headspace.org.au

Ph – 1800 650 890

Black Dog Institute

Website – www.blackdoginstitute.org.au

Bipolar Disorder Clinic

Ph – (02) 93 822 991

Depression Clinic

Ph – (02) 93 822 991

Psychology Clinic

Ph – (02) 93 822 991

Beyondblue

Website – www.beyondblue.org.au

Ph – 1300 224 636

Kids Helpline

Website – www.kidshelpline.com.au

Ph – 1800 551 1800

Lifeline

Website – www.lifeline.org.au

Ph – 13 11 14

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



Disability Services Australia

your life. your future. your choice.

1300 372 121 | www.dsa.org.au