



Japan - are you ready?



In October this year, our students **Jade, Ryan and Thomas**, along with **Mrs Sandy Clarke, Mrs Angela Ford, and Mr Jon McGowan** will be travelling to Japan and participating in the Hansa Class Worlds and International Championships.

In our last of 3 interviews, **Ryan** and **Angela** spoke about their sailing experiences and what they are most looking forward to while visiting Japan:

How long have you been sailing?

Ryan – 18 months

Angela – 10 years as a support person

What do you most like about sailing?

Ryan – Being out on the water, being Master of the sails, freedom and competing.

Angela – The inclusion.

What is the most exciting thing you are looking forward to when you arrive in Japan?

Ryan – Seeing Hiroshima and Tokyo.

Angela – Watching our students represent Australia!

How often do you train, and is there any special training you do for sailing?

Ryan – Every 4 weeks on Thursdays, we trained more often when we first started out.

Angela – The students train weekly to monthly depending on the season.

What one item is on the top of your list when packing your bag for Japan?

Ryan – My Juggling balls and camera!

Angela – A camera!



Thank you for supporting our sailors!

Vincentia High School is sincerely grateful for the fundraising support we have received from our wonderful community. Competing in the Hansa Worlds and International Sailing Championships in Japan in a couple of weeks, is a dream come true for our sailing students and staff. This dream has become a reality because of the generosity and support from the following organisations:

Local businesses

Community members

All Vincentia High staff, especially Mrs Clark, Ms Goerlach, Mrs Caldwell and Ms Hall

P&C members, especially Liz Folkard and Sarah Lawson

Sailability Shoalhaven volunteers, especially Donna Britton

Parents and carers of our sailors

The Sailing 4 Everyone Foundation

The NSW Government

Totally Immersed Water Sports

Huskisson Bowling Club

Nick Rheinberger and Kiki K

Leanne Brooks and Josh Hamo-Jane's Sister

Bomaderry Bowling Club

The Huskisson Hotel

Huskisson Pictures

Domo arigatou gozaimusu - Japanese for thank you very much.

We wish our sailors safe travels and know that they will represent our school and Australia with pride and determination to be the very best that they can be. Good luck team!



Welcome to the Special Education Unit

During Term 3 classes have gained hands on experience in our out-door classroom learning about the life cycle of chickens. Students on the work placement program are developing their work ready skills and many of our pupils have enjoyed the challenge to earn a blue merit award. It was great to see students arrive in costume for Science week and be so creative in their choice of costumes. Thank you to the parents and carers for assisting your children to participate in this activity.

The Support Unit staff work tirelessly to ensure individual needs are met across multiple areas of student development. The students are all on individual programs and teachers strive daily to meet the educational needs of their students. These individual plans include educational, social and emotional goals.

A new positive reward system is in place, a newsletter has been sent home with the information on this new system. There are many indicators that this reward system motivates students to try new things and develop their skills and knowledge when taking on new challenges. Students have also been building their resilience while working on their individual goals.

Learning can happen anywhere, and as a staff we pride ourselves on extending our learning to outside of the classroom. Some students are involved in weekly PCYC boxing training, which also involves youth mentoring, while others are involved in Bay and Basin Radio, J Block Coffee Shop, travel training, the Jet program and The Shack.

We are in a partnership with Woolworths to beautify public access roads from Vincentia High School to the Marketplace. In turn, they donate fruit to our students for recess and lunch breaks in order to support healthy eating habits.

We are continuing to raise funds for three of our students who are travelling to Japan next month to participate in the Hansa Class Worlds and International Sailing Championships. Our next fundraiser is a trivia night at The Huskisson on Thursday 27 September, come along and join the fun. Bring gold coins to participate and the chance to win some great prizes.

Our Pet Therapy program is continuing to bring smiles to the faces of our students and the residents of Illawarra Retirement Trust on our weekly visits.

There are some exciting things happening in our outdoor area; our new shed is almost complete, a T- Swing is on its way and a boxing bag will be placed outside for students' use under supervision, sheltered by another amazing shade sail.

It's wonderful to see students so enthusiastically embracing new and existing activities which continuously develop their life skills tool box. Our aim is for our students to utilise these new skills by transferring them to other community activities outside of the school environment, leading them toward meaningful and sustainable employment.

Ms Meaghan Goerlach- Head Teacher, Support Unit.



Is there a best way to study?

Students often ask 'what is the best way to study?' The answer is there is no BEST way. Everyone learns in different ways, everyone has different approaches and preferences, and what works well for one person may not work well for another. This applies to all aspects of effective learning – time management, research skills, writing skills and so on. There are certainly good techniques and strategies available for all of these areas, and different approaches that work well for the majority of students.

However it is essential that students try different techniques to see what works best for them. Preferences could also change over time, so be sure to stop once a year and reflect on what is and is not working for you and what you may need to change. This is what 'metacognition' is all about. It means taking the time to try and understand more about the process of learning and your role as a learner. Students who take a metacognitive approach to their learning are much more likely to improve their results.

How can you find out different study techniques to try?

Ask friends, siblings and parents, what techniques they have used.

Ask your teachers what they would recommend for their subject.

Visit the unit on the Study Skills Handbook that covers how to study for tests and exams. You will find lots of active studying strategies and grids to help you plan for exams.

The **ELES Online Study Skills Handbook Site** provides a comprehensive and interactive online experience for the secondary school community (students, parents and teachers) to develop the study skills needed for success in secondary school studies. This approach taps into students' affinity with technology to create a new and effective way to improve students' study skills. There are currently 28 interactive main units of work on the site, a number of additional mini-units and lots of extra features.

Our school's subscription details to this online study skills website for secondary school students are:

www.studyskillshandbook.com.au

User name: VHS

Password: student

I hope you find the Study Skills Handbook helpful, don't hesitate to come and see me in the library if you need more information.

Fiona Blair

Teacher Librarian & Student Supervisor External Studies



Tough conditions for mountain bikers

We had 51 keen students participate in the ACT Mountain Bike Championships at Mt Stromlo this year. The teachers involved congratulated all riders for their resilience, commitment and support of one another. Their Vincentia pride was truly commendable. This 2 day event started with perfect sunny conditions which enabled our students to spend the day doing practice laps, ride the manmade skills track and enjoy each other's company riding to the old observatory.

Day 2 was race day and the weather turned nasty! Setting up in the rain everyone embraced themselves with the will to make it to the end no matter how tough the conditions were going to get. Huddled around gas heaters, defrosting blue fingers, sharing warm blankets including space blankets kept our students going. Filling up with noodles, Anzac biscuits and lollies to keep them energised. The conditions were tough with riders tackling muddy trails, rain and freezing winds. At 11.30am the call came to finish the event at 12 noon. Teachers and students cheered and the line-up for the showers began!

Congratulations to all of our riders and to the following teams for great results:

Junior Girls 1st place: **Lilli Briggs, Tili Snelling, Eliana Macken and Eva Mackay.**

Junior Mixed 3rd place: **Kioni Corton, Indiana Graham and Ryan Johnstone.**

Intermediate Mixed 3rd place: **Alyssa Head, Tom Brotherton, Sam Lee and Henry Gray.**

Junior Boys 4th out of 71: **Duncan Wilson, Joel Walters and Seth Kingma.**

Senior mixed 4th missed 3rd by 4 secs: **Jeremy Head, Nellie Gray and Tilhaney Grainger.**

Thank you to our parents for their incredible support: **Holly Macken, Andrew Mackay, Darryl Head, Nina Santengelo, Daniel Kielly, Sharyn and Andrew Watt.** Thank you to our staff **Ms Boyce, Mr Volpatti, Mr Wright and Mr Snelling** who kept the students motivated and healthy on race day, in such tough conditions



Celebrating our school spirit!



The values of Vincentia High School are

Respect, Responsibility & Personal Best

This weeks recipients are:

Tim Debnam

Connor Smith, Jayden Attard, Mitchell Jones

Rylee Gannon

River Clements

Blade Riley

Jennifer Murray, Molly Gill, Dominic Innes, Brock Johnson

Nur Mohamed

Elli Toovey

Jacinta Burdett

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 during the Wellbeing period students from any year, will receive a FREE movie ticket to the Huskisson Cinema as recognition of their Vincentia High School spirit.

Tickets have been very generously [donated](#) to the school by

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* NO RAINCHECKS



SALE ON FOR 2 WEEKS ONLY

Antipodeans Abroad Trip to Cambodia for September/October 2019 is open to interested Year 10 & 11 2019 students.

*It is a Cultural Exchange, Trek and Community Service Project. Shanna Fuz and Tom Mason are the Contact Persons. **Applications need to be in by Friday 14/09/2018***

More information to come shortly. Attached is a link to our website of the proposal for interested students to read through.

http://www.vincentia-h.schools.nsw.edu.au/documents/16029806/16056029/antipodeans_proposal_south_coast_community_expedition_2019_1.pdf

Vincentia High School Web Store



<http://daylightsportswear.com/vincentia>

We accept credit card payment through Paypal

Please pick up your purchase from the school uniform shop

We do not offer home delivery at this stage

Shop hours to pick up order:

TUESDAY:

7:45am - 10:30am

WEDNESDAY:

7:45am - 10:30am

THURSDAY:

7:45am - 10:30am

You can choose different sizes when you come in to pick up, if the one in your order does not fit.

Please bring a copy of your Paypal receipt as proof of payment.

Careers Website

Can you please follow this link to our Website for the Careers and Job Vacancies Newsletter

http://www.vincentia-h.schools.nsw.edu.au/documents/16029806/16056029/careers_newsletter_week_6_term_3.pdf

Term 3, 2018

Thursday 20/09/2018

- ☞ Final Preliminary Examinations
- ☞ Taste of High School TAS

Friday 21/09/2018

- ☞ Final Preliminary Examinations
- ☞ HSC Physics - Geophysics Option Topic all day Ms Tololeska and Mr Lamond

Monday 24/09/2018

- ☞ Final Preliminary Examinations
- ☞ SRC Camp Outdoor Education NSW Nepean Mrs McIntyre, Mr Swanson

Tuesday 25/09/2018

- ☞ SRC Camp Outdoor Education NSW Nepean Mrs McIntyre, Mr Swanson
- ☞ Year 12 Car Wash all day

Wednesday 26/09/2018

- ☞ SRC Camp Outdoor Education NSW Nepean Mrs McIntyre, Mr Swanson
- ☞ Year 12 Locks lunch lunchtime/pd 5
- ☞ Child Studies Work Experience Gudjahgahmiamia

Thursday 27/09/2018

- ☞ Year 12 Brekkie - In Performance Space 7.00am
- ☞ Year 12 Graduation Assembly pds 3 & 4 Whole school to attend

Friday 28/09/2018

- ☞ Last day Term 3

Monday 15/10/2018

- ☞ First day Term 4 for all staff and students

SCHOOL CONTACTS

K Bates	Principal
A Newton	Deputy Principal (7, 8 & 9) (Rel)
K Newton	Deputy Principal (Yrs 10, 11 & 12) (Rel) H/T Senior School
S Clark	Deputy Principal Support & Special Programs
T Johnson-Warnecke	School Administration Manager
M McNeil	Careers Advisor/VET
P Greyling	Head Teacher WellBeing
M Meehan	Head Teacher T & L Literacy/Numeracy,
M Swanson	Head Teacher Admin (Casuals Teachers)
G Brindley	Head Teacher Admin (Students)
J Holloway Fry	Head Teacher English (Rel)
J Povolny	Head Teacher Mathematics
T Borg	Head Teacher Science
L Ryder	Head Teacher CAPA
E Salahi	Head Teacher HSIE
B Warner	Head Teacher TAS (Rel)
P Raftery	Head Teacher PDHPE
M Amor	Head Teacher Sport
M Goerlach	Head Teacher Support (Rel)
J Scott	Head Teacher Gumbari
T Smith	Head Teacher LaSP
K Lane	Head Teacher Ganya Garindja
C Burnett	School Counsellor
S Willmott	School Counsellor
G Brown	Aboriginal Education Officer Ganya Garindja
C McIntyre	SRC Coordinator