

Introducing our new Deputy Principal

Mr Simon Flanigan

Mr Simon Flanigan started at Vincentia High at the beginning of this term in the role of Deputy Principal (DP) Years 7 & 10. He has worked for the Department of Education for 14 years as a teacher, Head Teacher Science and Relieving Deputy Principal at Leumeah High School in Western Sydney. Our Principal Mr Ken Bates came from the same high school, Mr Flanigan and he worked closely together on many programs at Leumeah and have a strong working relationship. "It is so important to have a good Principal and leader" said Mr Flanigan.

One of Mr Flanigan's first tasks is to put systems in place so that all staff are working together towards the same goal of lifting academia for all students and making Vincentia High the school of first choice in the area.

Prior to teaching Mr Flanigan worked in the building trade and studied Mechanical Engineering. He then decided on a career change to bring about new challenges and rewards.

Mr Flanigan and his wife are looking forward to the 'sea change' and being part of a smaller community, fishing, surfing and an outdoor lifestyle. He came to Sussex Inlet as a child for holidays and Shoalhaven Heads as a teenager, so he is familiar with the South Coast and excited to be living here.

Mr Flanigan is hoping to stay at Vincentia High for the long term and looks forward to building relationships with the staff, students and parents of our school community.



Kokoda Track was tougher than expected!

Jeremy Head (Vice-Captain) travelled to Papua New Guinea in the school holidays as part of the Kokoda Youth Leadership Challenge. Jeremy won a sponsorship through Sussex Inlet RSL Club and set out, with other students, to tackle the Kokoda Track.

In preparation for the gruelling trek, Jeremy set himself an extensive training regime, however nothing could have prepared him for the endless hours of walking through the unforgiving terrain of the Kokoda Track. Jeremy explains, "I was expecting the trek to be difficult but it was even tougher than I had thought. Walking down the slippery slopes put a huge amount of pressure on your ankles. The continuous walking whilst carrying 21kg was also challenging. The heat was bad too. At first I was not acclimatised and would sweat a lot, but after a few days it got better."

Most days began at 4.00 am when the group would pack up their tents and have breakfast. During this time, Jeremy would mentally prepare himself for the 20km trek ahead. "The mental challenge of the trek was more difficult than the physical challenge. Many of the students were not physically fit and found the trek extremely difficult. I had trained for the trek but had developed huge blisters on my feet. I had to push myself to keep going."

When asked about how the Kokoda Youth Leadership Challenge has changed him, Jeremy said that it was difficult to put into words. Learning about the stories of the Australians who fought on the Kokoda Track was particularly moving for Jeremy, as was the experience of walking in the footsteps of his great-grandfathers who had served there.

No doubt on the Remembrance Day Jeremy will be reflecting on his experiences on the Kokoda Track and the 625 Australians who died there.

Lest We Forget



2019 Premier's Teacher Scholarship

awarded to Ms Joura

Ms Joura is 1 of 20 highly talented and dedicated teachers from across NSW to be recognised for her commitment to quality education with a 2019 Premier's Teacher Scholarship. The Premier's History Teachers Association History Scholarship will provide a unique opportunity for Ms Joura to undertake an international and Australian study tour to Perth, Denmark and the United Kingdom for 5 weeks next April. During the tour Ms Joura will visit some of the world's most innovative schools and centres of education.

Her focus will be on incorporating maritime archaeology into the history curriculum through the use of shipwreck case studies and hands on activities. Of particular interest is the battle between Sydney (II) and Kormoran during WW2, the Dutch trading ship Batavia and Viking wrecks in Europe.

The Premier of NSW Gladys Berejiklian MP congratulated Ms Joura on her success as a recipient of the scholarship. This program is about helping to make the best teachers in NSW reach their full potential and support their peers.

Ms Joura was inspired to become a history teacher from her days as a high school student and she hopes to return with some new ideas and invigorating ways to further enrich the educational needs of her students and colleagues.



Students Based Apprenticeships or Traineeships (SBATS)

SBATS are available to all Year 10, 11 and 12 high school students in NSW. They allow students to commence an apprenticeship or complete a traineeship while at school. A School Based Apprenticeship or Traineeship combines paid work, training and school; and an industry recognised national qualification that will gain credit towards the HSC.

We currently have 6 SBATS students employed locally. We would like to congratulate the following students and thank the businesses involved for giving our students the opportunity to gain valuable skills and knowledge to help them with their career choices post school:

Chloe Griffiths Year 11

Qualification: Certificate III Financial Services. **Employer:** Bendigo Community Bank Sanctuary Point

Bailey Walker Year 10

Qualification: Certificate II Hospitality. **Employer:** Huskisson Bakery

Maddison Fitzsimmons Year 11

Qualification: Certificate II in Warehouse Operations. **Employer:** Reece Plumbing Nowra,
Murray Mallee Training Co Ltd

Cate Rosengrave Year 10

Qualification: Certificate III in Retail. **Employer:** Thingamabobs Sussex Inlet

Janae Peterson Year 10

Qualification: Sport, Fitness and Recreation - Aquatics and Community Recreation Certificate III. **Employer:** Bay & Basin Leisure Centre (HVTC Training Company)

Libby Phillips Year 10

Qualification: Certificate III in Property Services. **Employer:** LJ Hooker Vincentia Market Place



Congratulations to **Teea Brown** from Year 12 for being awarded the **SBAT ABORIGINAL STUDENT OF THE YEAR for 2018!** Teea did Community Services - Education Support Certificate III at Huskisson Primary School.



Showcase

Friday 2nd November 2018

6pm

Tickets from VHS office

\$5.00



GREAT THINGS ARE HAPPENING IN OUR SCHOOL CANTEEN

What has happened

There is a new NSW Healthy School Canteen Strategy and our school canteen has worked hard to achieve this and create a healthier school community for our students.

The NSW Government's strategy aims to promote health and well-being of your child in all government primary and high schools, by providing healthier food and drink choices to encourage healthy growth and development.

What you may have noticed

- Promotion of healthier food and drink choices.
- Reduction in sugary drinks and unhealthy food.
- More fresh food available for our students.
- Changes to portion sizes of food and drinks to meet the strategy.
- A new attitude towards food.

Please continue to support your school canteen as we actively continue to create a healthier school for all. Please also remember volunteers are always welcome and if you are interested please contact our canteen manager.

For more information on the NSW Healthy School Canteen Strategy please visit the website

<https://healthyschoolcanteens.nsw.gov.au>

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 and be mindful of the hours below for pickup.

If you order after 10.30am Thursday the order will not be ready for pick up until 9.30am Tuesday

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.

Next Parents and Citizens meeting

The next P&C Meeting is on Monday 12 November at 6pm.

Careers Newsletter

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

This is the link to our web site or the Careers Newsletter Week 3 Term 4.

[https://vincentia-h.schools.nsw.gov.au/content/dam/doi/sws/schools/v/vincentia-h/careers/Careers Newsletter Week 3 Term 4 2018](https://vincentia-h.schools.nsw.gov.au/content/dam/doi/sws/schools/v/vincentia-h/careers/Careers%20Newsletter%20Week%203%20Term%204%202018)

Term 4, 2018

Thursday 01/11/2018

- ☞ HSC Exams
- ☞ Long Look Navy
- ☞ Valid Science Testing Yr 8

Friday 02/11/2018

- ☞ HSC Exams
- ☞ SHOWCASE 2018
- ☞ Valid Science Testing Yr 8
- ☞ Multicultural Tour Vincentia Market Place Recess & Pd 3 Mrs Morris

Monday 05/11/2018

- ☞ Glad's 60th Birthday
- ☞ HSC Exams
- ☞ Valid Science Testing Yr 8
- ☞ Endrolo Student Training for Year 11 pds 5 & 6 in the Library

Tuesday 06/11/2018

- ☞ HSC Exams
- ☞ Valid Science Testing Yr 8
- ☞ Extra Transition - Support Students (Year 6)

Wednesday 07/11/2018

- ☞ HSC Exams
- ☞ Valid Science Testing Yr 8

Thursday 08/11/2018

- ☞ HSC Exams
- ☞ Valid Science Testing Yr 8
- ☞ Long Look - Navy

Friday 09/11/2018

- ☞ HSC Exams
- ☞ Valid Science Testing Yr 8
- ☞ Working at Heights Course all day - Mrs McNeil

Tuesday 13/11/2018

- ☞ Extra Transition - Support Students (Yr 6)

Thursday 15/11/2018

- ☞ Year 12 Formal 6.15pm Arrival for a 7.00pm start Vincentia High School Hall
- ☞ Long Look - Navy

SCHOOL CONTACTS

K Bates	Principal
S. Flanigan	Deputy Principal (Years 7 & 10)
K Newton	Deputy Principal (Rel) (Years 8 & 11) H/T Senior School
S Clark	Deputy Principal Year 9 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 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
A. Newton	Head Teacher TAS
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
K Rees	School Counsellor
G Brown	Aboriginal Education Officer Ganya Garindja
C McIntyre	SRC Coordinator