



VINCENTIA VIBE - THE VOICE OF OUR SCHOOL

Term 4 Week 4 07/11/2019

An incredible experience that will be treasured forever!

We are now back from our big adventure to Cambodia. It was such an amazing experience that will stay with us forever. After 22 hours of travelling we arrived in Siem Reap where we spent the first 3 nights. Our first group activity was to visit the Ancient Angkor Wat Temples at sunrise, which was absolutely incredible. This was one of the most amazing things we saw. Next we trekked for 3 days up Kulen Mountain where we walked through dense jungle, rice fields and cashew nut tree plantations and visited villages along the way, drinking coconut water and eating traditional food made from ingredients sourced from the village. We camped next to streams with waterfalls that we swam in, watched sunsets over the mountains and came across huge ancient carvings of lions and elephants. This trek was long and made more challenging by the insane temperature and humidity. Our Cambodian trekking guides were very kind and supportive.

We then went to Krabei Riel, which is a rural village affected by poverty. We stayed upstairs at the local Principal's house for the next three nights while we carried out our repairs on the local school over the next four days. The money we raised was used to buy a new corrugated tin roof for the school building, tradesman, paint and other materials. We helped by cleaning up the smashed tiles from the old roof, cleaned out the classrooms, sanded and painted the inside and outside of the building. The transformation was amazing! We all worked very hard over four days in extreme heat and humidity. We were all so proud that our efforts had enabled school students the ability to return to school. It was such a rewarding experience! Whilst at the project we became very close to some of the little boys of the village who followed us to and from the project each day. They would hold our hands and get piggy backs along the road to the school, they created necklaces, bracelets and rings out of flowers for some of us, helped us work to fix the school, played piggy in the middle and even taught us how to play a card game without speaking a word of English. They were the happiest and sweetest kids we have ever met and they had absolutely nothing, not even a toy. Some were very emotional when they left, especially me. I cried a lot the day we left them.

After completing our project we spent the remainder of our trip exploring the sites of Cambodia. First we went to Battambang for a night. It was a dusty town and wasn't everyone's favourite place, but we did go on the Bamboo Train, which took us on a fun and scenic tour of the country side. The next day we travelled for 7hrs by bus to Phnom Penh. On our first day there we visited the Killing Fields and S-21 which was very sad and disturbing. We were all moved by the terrible atrocities that took place here. S-21 was also very upsetting for us all. Some of us broke into tears when hearing what happened here. S-21 was an old school building that had been converted into a prison where the Khmer Rouge tortured many innocent people. Even though it was an emotional and confronting experience it put things into perspective of how lucky we are in Australia. On our first night in Phnom Penh we went looking for a place to eat and accidentally wandered through the red light district. We went shopping at the Russian Markets, ate local food, including tarantula spiders, snake, grasshoppers and crickets at a local street stall. On our last night, with our remaining budget, we booked a luxurious room, went for a sunset cruise on the Mekong River and pampered ourselves with a foot massage.

Throughout the trip we were split into leadership teams that had to take turns in planning and leading our group during our trip. We had to research and book accommodation and restaurants, organise and purchase transport (including bartering with tuk-tuk drivers) water and activities all within our strict budget and without the use of our mobile phones. It was stressful at times, but we managed and developed some life changing resourcefulness, responsibility and resilience along the way.

We all thoroughly enjoyed our trip and would like to thank all the people who supported us by generously donating funds and their time to help us make a difference to the people of Krabei Riel. These people include Aloe Blacc for his support of the community service project through his music event, The Vincentia Baptist Church, The Vincentia Anglican Church, Cathie Cochrane, family and friends and the local community. Finally we would like to thank the Antipodeans for arranging everything and especially Shanna Fuz and Tom Mason who were the teachers who supported us on the trip. It was an incredible experience that we will all treasure forever.

Bronte Wright
Year 10 Student



Cambodia 2019 Photos

Brothers competing at State and National level

Tom and Glen Brotherton have been riding motor bikes for as long as they can remember. For the past 2 years they have been travelling all over NSW to race in the State Enduro Series, riding cross-country through tight bush tracks and fast open tracks.

Tom from Year 10 rides a Husqvarna FE350 and came 3rd in the State, whilst younger brother **Glen** from Year 7 rides a KTN85SX came 5th. The boys will be competing in all of the State Enduro competitions in 2020 and endeavour to race in as many Australian Off Road Championships (AORC) as possible.

Congratulations to **Tom and Glen** and good luck with your 2020 championships!



Strengthening communication skills and team work

2019 SRC Camp

The 2019 SRC Camp was held at Adventureland in Forster and it was a huge success! What a fantastic way to start Term 4. The students had a very early start leaving school at 2:30 AM on the Monday morning.

The SRC students were pushed out of their comfort zones in a variety of activities. These students have strengthened their communication skills, team work and self-belief. They showed kindness and were caring and respectful for every aspect of their 3 day camp including the long bus trip.

One of the many initiatives that was decided on at camp is the 'Lids for Limbs'. 500 lids is all it takes, to make a prosthetic limb for a disabled child, which will change their life. The tops must be plastic and have recycling codes 2 or 4 on them. Prizes to be won for the top 5 students and year group who donate the most lids. SRC Students will be collecting them every morning at roll call.

A huge thank you to Mrs Mac and Mr Swanson for providing our students with this amazing experience. We look forward to all the other wonderful projects that will come from our 2020 SRC.



Vincentia High School Wellbeing Hub is expanding

Since 1993, Vincentia High School has worked tirelessly with the school staff, students and the broader community to develop a Wellbeing Team and health services that caters for the diverse needs of our students. The school has a strong Wellbeing focus for all students, which is supported through the collaborative efforts of the Year Advisors, school executive and school counselling team in conjunction with external agencies. A strong partnership has been developed over time between our Wellbeing Team and a range of health care providers which has led to the consolidation of this program and the creation of a Wellbeing Hub on the school premises.

The Wellbeing Hub is a designated space for agencies, students and caregivers to meet in a safe and private environment at school. The Hub alleviates local transport issues and assists with connection to these services. The collaboration between school personnel and community agencies has resulted in a positive and wholistic outcome to support students and their families. A school-based hub coordinator is overseeing the logistics of appointments and communication between service providers and clients.

Future planning for the Wellbeing Hub is for a purpose built centre on the school grounds which will allow for increased access to service providers and a broader range of services available to our school community. The Hub would be available to students and their families throughout the week with a full-time office manager overseeing appointments and building the capacity for services to meet the needs of the school community. Interagency meetings to grow our current service provision to meet our ultimate goal has generated a great deal of excitement and commitment from the Department of Education, local service providers and partner schools.



21ST NOVEMBER
THURSDAY

SHOWCASE

VINCENTIA HIGH
SCHOOL

6PM

TICKETS AT THE OFFICE
RECESS/LUNCH
& ON THE DOOR

\$5 FOR TICKETS

Local Remembrance Day Services

Monday 11th November

Huskisson - 10:45am Memorial Service
at Voyager Park, Huskisson

Sussex Inlet - 10:30am Memorial Service
at Sussex Inlet War Memorial



Celebrating our school spirit!



The values of Vincentia High School are:

Respect, Responsibility & Personal Best

This weeks recipients are:

Lucas Martyn and Zachary Elphick-Hickson: Outstanding Achievement:
Always getting the work done in a timely manner.

Jack Stanwell: for being a good mate and looking out for new students who arrive at our school.

Zachary Holder: Zach displays exemplary effort and commitment to achieve his personal goals. This week Zach also went the extra mile in contributing to a cleaner environment, volunteering his time to clean rubbish from the bush.

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

[Integrity Real Estate Jervis Bay](#)

and [Huskisson Cinema](#) in recognition of our school values.

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Congratulations to our winners!



Seeking funds for further education or work options in 2020? Shoalhaven Education Fund Grants are now open

If you are 16 years of age or over and leaving high school this year and plan on going to TAFE or University, undertaking a course at an approved training college, taking up an apprenticeship or traineeship or starting entry level work but are facing financial difficulties consider applying for a Shoalhaven Education Fund grant.

Grants opened 29th July and close 31st December. Application forms and full grant details are available at www.cef.org.au/shoalhaven. Grants are a two-step process, a written on-line application and an interview. Interviews take place the second week in January and successful applicants notified before the end of January.

If TAFE or university is your choice it is not necessary to have received acceptance into your preferred course when applying. Changes to courses can be advised at interview.

Assistance is not based on academic record but 3 criteria applicants must meet

1. Have a financial need and be able to demonstrate that need
2. Have a realistic goal
3. Be committed to your goal

Full details and to lodge an application go to www.cef.org.au/shoalhaven



VINCENTIA CAREERS NEWSLETTER

Please visit the schools CAREERS WEBSITE <https://www.vincentiahighschoolcareers.com/> for fortnightly newsletter and information on:

- Careers Events
- White Card courses
- Working at Heights courses
- Rural Fire Services Training courses
- Year 12 UAC and University Dates and Requirements, including early entry, Schools Recommendation Schemes and Educational Access Schemes
- Community Activities and events
- Current Jobs
- TAFE Opportunities

Subject Selection – EVET opportunities

Any questions or information please contact Mrs McNeil

Vincentia High School

Careers Advisor - Maree.mcneil@det.nsw.edu.au
<https://www.vincentiahighschoolcareers.com/>



Term 4, 2019

Monday 11/11/2019

- ☞ HSC Physics, Design & Technology Exam 2019
- ☞ P&C Meeting at 6pm in Meeting Room

Tuesday 12/11/2019

- ☞ Swim trials NSW all Schools Triathlon Yrs 7 to 12, pds 5 & 6
- ☞ Year 6 Transition Visit
- ☞ Water Safety Bay and Basin Leisure Centre , Collingwood Beach, pds 5 & 6 Support

Wednesday 13/11/2019

- ☞ Year 12 Formal Bewong Retreat
- ☞ Health and Wellbeing Southern Fitness Martial Arts, Bomaderry and local Ms Krause, Mr McGowan

Thursday 14/11/2019

- ☞ Riverina All Schools Mountain Bike Championship Yrs 7 to 10 all day
- ☞ Pet Therapy & My Story Matters IRT St Georges Basin Ms Whitehouse
- ☞ Gumbari Terara Farm
- ☞ Gumbari Painting Mural

Friday 15/11/2019

- ☞ Riverina All Schools Mountain Bike Championship Yrs 7 to 10 all day
- ☞ Water Safety Bay and Basin Leisure Centre, Collingwood Beach pds 5 & 6
- ☞ Water Safety Bay and Basin Leisure Centre/Vincentia Beaches pds 1-4 Ms Krause, Mr McGowan
- ☞ YES Program, TAFE Nowra Yr 9 All Day
- ☞ Gumbari - Unicorn Cheese

Monday 18/11/2019

- ☞ Community Connections, Pelican Point Daycare TAS 9-10:30am

Tuesday 19/11/2019

- ☞ Year 6 Transition Visits
- ☞ Water Safety Bay and Basin Leisure Centre - Collingwood Beach pds 3 & 4 Support

Wednesday 20/11/2019

- ☞ Health and Wellbeing Southern Fitness Martial Arts, Bomaderry and local Ms Krause, Mr McGowan

Thursday 21/11/2019

- ☞ SHOWCASE 6pm—School Hall
- ☞ Gumbari Terara Farm
- ☞ Gumbari Painting Mural

SCHOOL CONTACTS

R Winfield	Principal
S Starkey	Deputy Principal (Years 7 & 10)
S Flanigan	Deputy Principal (Years 8 & 11)
K Newton	Deputy Principal (Rel) (Years 9 & 12) 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 Teacher and Learning
M Swanson	Head Teacher Admin- Teachers
G Hobbs	Head Teacher Wellbeing
G Brindley	Head Teacher Admin- Students
J Holloway Fry	Head Teacher English (Rel)
J Still	Head Teacher Mathematics (Rel)
C Gates	Head Teacher Science
T Langford	Head Teacher CAPA (Rel)
E Salah	Head Teacher HSIE
A. Newton	Head Teacher TAS
P Raftery	Head Teacher PDHPE
M Amor	Head Teacher Sport
M Goerlach	Head Teacher Support (Rel)
T Mason	Head Teacher Gumbari (Rel)
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