

VINCENTIA VIBE - THE VOICE OF OUR SCHOOL

Term 2 Week 4 23/05/2019

Investing in our Senior Students

Vincentia High School has implemented a Senior Study Centre (SSC) to support, inspire and mentor our Higher School Certificate students. The SSC, uses new and innovative strategies to support student learning and to maximise academic outcomes. Year 12 students have individualised learning programs developed in order to support them to realise their potential. The Senior Studies Teacher, Ms Ashleigh Tinkler, has created a welcoming and positive learning space for students, and she closely monitors their progress in efforts focusing upon academic growth and achieving success with identified goals. The SSC is open 5 days per week and students are expected to attend during their study periods, however they are also welcome at recess and lunch, and during their Wednesday study day.

To promote a holistic and proactive learning environment, Woolworths Vincentia kindly donates fresh fruit weekly for our senior students to snack on while they study. The school has purchased the Edrolo Online Learning Program that can be accessed at any time, on any device, to ensure students can engage in valuable learning experiences 24/7. The Edrolo lessons are designed to engage students of all learning styles and abilities, and to provide excellent study notes and revision activities.

The senior study schedule has been altered to cater for senior students' individual needs. This year, their timetables changed to a 9 day fortnight. Wednesday is study day, in A week, for Year 12, where students are encouraged to attend the centre to study, complete assessment tasks and access teacher assistance to further enhance their learning. School excursions and incursions will also be organised on a Wednesday to minimise time away from the classroom. Student attendance on study day is compulsory if the student has outstanding N Awards to complete. Through these programs and initiatives we aim to enrich the lives of our students and cater for individual learning needs.

At Vincentia High School we prepare students to meet the challenges of a changing world by developing their full potential socially, creatively and academically. **#Learning for life**



Meet our School Counsellors/Psychologists

Our school has a team of highly qualified professionals to support and assist students to be actively connected to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community. School counselling staff are members of the school learning and support team. At Vincentia High School we have two counsellors/psychologists: Mrs Claire Lee, available on Monday and Thursdays and Mrs Katrina Rees available on Tuesday, Wednesday and Fridays. Their office has been relocated next to the TAS/CAPA Staffroom.

Every student at Vincentia High School can access our School Counsellor/Psychologist services for issues that might be impacting their wellbeing. A teacher may recommend the service by referring a student to the school's learning and support team. A parent or carer may refer their child directly to the school counselling service. Students can also self-refer to the service. To self-refer, simply complete the self-referral slip available from Year Advisors, Head Teachers or outside the Counsellor/Psychologist office, then complete the form and place it in the mail box on their door. The Counsellor/Psychologist will then assess your needs and arrange to see you as soon as possible. School counselling is confidential. All students will be respected, valued, encouraged, supported and empowered to succeed.

The school counselling service can:

- support students who are worrying about school work, friends, getting in trouble at school or feeling down
- help parents and carers make decisions about your child's education
- assess a student's learning and behaviour
- help teachers and students identify and address disabilities that may affect learning
- liaise with other agencies regarding student wellbeing.

For more information about learning and support teams and the school counselling service, visit:

[Student wellbeing – counselling and psychology services.](#)

[Disability, learning and support – roles and responsibilities](#)



School Steer Spectacular

A group of dedicated Year 9 and 10 Agriculture students competed in the South Coast Beef, School Steer Spectacular on 7th and 8th May at the Nowra Showground.

This exciting initiative provides opportunities for students to not only develop cattle handling skills and knowledge, but also encourages them to develop teamwork skills, enjoy healthy, stimulating competition and meet students with similar interests.

Our Agriculture classes have worked hard all this year to halter train and look after our two steers Milton and Rusty. The Year 10 class produced a project detailing our work with the steers to be presented at the competition. The steers were commended, **Kade King, Byron Ross, Olivia Collett** and **Annabelle Brown** entered the paraders competition; **Kade** won 3rd place in his heat. **Chloe Lattanzio, Olivia Collett** and **Annabelle Brown** competed in the junior judging, **Chloe** was chosen to speak however she did not place. **Jon Dukes** won the ANZ Quiz.

Mrs Linda Mack would like congratulate these wonderful students for their dedication and fantastic effort training the steers in their own time. A huge thank you also to their parents for the incredible support.



SeeChange Jervis Bay Arts Festival- Connecting with our Community

The annual SeeChange Arts festival is on 1 June - 10 June 2019 and continues to showcase the wealth of creative talent in the Shoalhaven – visual artists, performers, musicians, poets and writers, makers, cooks – and invites creators and culture makers from elsewhere to participate in our vibrant winter event. Vincentia High School students will be involved in 4 art exhibitions this year:

On The Fence - An environmental sculpture installation created by our students exploring living things in our spaces. The works can be viewed by members of the public from the pathway in front of the school during SeeChange.

Our Place - A collection of works from Vincentia High School Visual Arts students, exploring the fragility of our local marine park, wildlife and the environment, open on weekdays from 3rd-7th June and 10th-13th June at the Jervis Bay Marine Park Office, 4 Woollamia Road Huskisson.

Vinnie Views - An exciting collection of artworks exploring the theme of Haven through the eyes of youth. At Ethik, 70 Owen Street Huskisson.

Environmental Sculpture Competition at Yerunda Road, Tomerong 10.00am–4.00pm from 1st to the 10th June. Judging and prize presentation 1.00pm Saturday 1st June 2019

Our Dhawarri Dance Troup will wow the audience at the official opening ‘SeeLight.SeeFire.SeeChange.’ in White Sands Park on Saturday 1 June at 4.30pm.

Year 10 Music has 4 girls performing at SeeFood@SeeChange on 1 June, Huskisson.

Once again our Food Tech and Hospitality students are volunteering at 2 food events:

Chefs of the Shoalhaven Tuesday 21 May at Nowra Golf Club.

Meet The Chef - at Club Jervis Bay, Monday 3 June.

These students will undertake a special training workshop with a group of industry professionals. This is a wonderful opportunity for our students to gain real life industry experience and make connections with possible future employers.

#Seechangeatfestival2019 #Communityconnections

<https://seechangeatfestival.net.au/>



Year 9 Camp to Green Patch – 8th to-10th May 2019

Students arrived at school on Wednesday morning very excited and keen to find out what was in store for them. We jumped on buses for the quick trip to Green Patch in Booderee National Park. We were feeling lucky that the sun was shining, and birds were chirping upon our arrival.

We set up camp and didn't waste any time in starting the first two activities. We wrestled in large sumo suits and ran through the bush playing laser tag. It was entertaining to watch the teachers and students get involved and verse each other in the sumo suits. After that, we had some lunch and moved on to the next activities which included: kayaking, beach activities/walking, fishing, mountain bike riding and surfing with JB Surf school at Caves Beach. By dinner time, campers were starting to look bleary eyed and ready for bed. We had cosy campfires which students huddled around, chatting and listening to music. The staff eventually called lights out and students were relatively fast to fall asleep. Many campers weren't game to get out of the tents as it was chilly with plenty of wildlife around. One group of girls awoke to find a couple of possums trying to get in their tent to eat their lolly stash.

A stunning sunrise was a beautiful start to the morning for those who dragged themselves out of bed in time. We strolled down the beach and commented on how lucky we all are to live so close to such natural beauty. We arrived back at camp to find Mrs Newton cooking up bacon and eggs to fill our bellies for the day's activities. Each group then set out for their fun filled, action packed day and were also greeted by Mr Bates who popped in for lunch (still in his suit). Again, we were blessed with a sunny day which was perfect for some beach cricket.

The afternoon rolled around, and students started to look weary again. Mrs Clark thought we should all fill up on hamburgers, and students certainly agreed. As day turned to night, campers were happy to sit by the campfire with a milo and exchange stories. The comradery was beautiful to watch. Many students stepped up and helped the teachers out tremendously. It was a lovely vibe at camp and students commented on how they thought it was their most enjoyable camp to date.

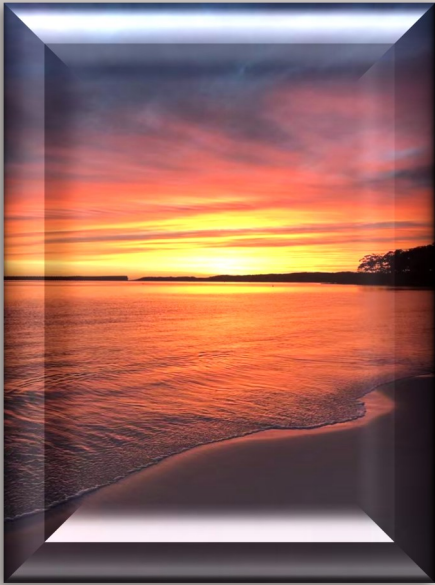
The sun rose to another beautiful morning on Friday. Sadly, this was our pack up day and camp was slowly coming to an end. We still had time to squeeze in an activity and campers were pleased to get their final surf in at Caves Beach. We felt a few raindrops and decided that we should swiftly pack up and put our bags under cover. The rain didn't dampen our spirits as we all grouped together and cleaned up the entire campsite. We looked around Green Patch and thought how fortunate we were to have had this camping experience in our own backyard. Jervis Bay, you certainly did not disappoint. All of us went home with a full heart and tired bodies. Year 9 campers – you were phenomenal!!

A special shout out to all the staff that made the camp such a success- Mr Wright, Miss Nolan, Mr Duncan, Mr Crossman, Mr Volpati, Mr Snelling, Mrs Clark and Mrs Newton. You were absolute champions. Your endless supply of energy was greatly appreciated by all.

Until next year, when we endure the Survivor Walk.

Mrs Bech and Mr Rakecki

(Year 9 Year Advisors)



Celebrating our school spirit!



The values of Vincentia High School are

Respect, Responsibility & Personal Best

This weeks recipients are:

Byron Keating and Cameron Blattner with movie vouchers to commend them on their outstanding attitudes at Year 9 Camp

Haylee Shaw - taking personal responsibility in ensuring that herself and others clean and care for our school grounds by ensuring she remove as many discarded plastic straws from the school grounds as possible

Locki Simmons - demonstrating exemplary initiative and ingenuity in service of a school cleaning activity by venturing in highly littered environments to rid them of rubbish

Jessica Langman, Abby-Lee Edwards, Hannah Kendrick-Plummer, Natalie Went, Zachary Stahlhut, Courtney Edwards, Madison Watt
Volunteered at Chefs of the Shoalhaven Event

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.

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

**Integrity Real Estate Jervis Bay
and Huskisson Cinema**

in recognition of our school values.

Congratulations to our winners!



Youth Aware of Mental Health

The Department of Education is working with the Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM).

What is YAM?

YAM is a program aimed at addressing the mental health needs of young people.

YAM involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this young people will learn problem solving skills and gain knowledge about mental health.

This is a free program for all Year 9 students. The Department of Education has funded all costs associated with the YAM program.

Who is it for?

All Year 9 students

What is in the program?

There are 6 themes addressed in the program

- What is mental health?
- Self-help advice
- Stress and crisis
- Depression and suicidal thoughts
- Helping a friend in need?
- Who can I ask for advice?

How will YAM run in our school?

YAM will run over 3 weeks and is delivered in the classroom setting (up to 30 students) by accredited trainers external to the school.

Week 1	Week 2	Week 3
Opening session	Role play 2	Closing session
+	+	
Role play 1	Role play 3	

Students will be given a booklet to keep. It will include a guide of local health resources as well as a list of different organisations who work with youth in the local community.

Who can I contact to discuss YAM?

The contact for YAM in our school is Petra Greyling.

When will YAM be delivered in our school?

YAM will be delivered in Weeks 4, 5 & 6 of Term 2 2019.

Where can I find more information about YAM?

<http://www.y-a-m.org/>

STUDY SKILLS TIP FOR MAY: BARRIERS TO DEVELOPING A GOOD MEMORY

Many students say 'I don't have a good memory' but there are many barriers to developing a good memory that are able to be overcome. Here are the top 3:

NEGATIVE MINDSET / ATTITUDE

Henry Ford once famously said, "whether you believe you can, or you can't, you are right". This refers to your mindset or mental attitude, and the concept that your mind is powerful enough to enable your thoughts to create your reality.

If you have a negative attitude to your memory, it will likely reduce your chance of developing and maintaining a good memory. There are some simple steps you can take to start making changes to negative thoughts. Be aware that negative thoughts are just a habit, and habits can be changed with a little effort.

Awareness is the key to changing a habit, as you need to consciously be aware of the current habit before you can change it – so start catching yourself in the act of making negative statements. Affirm your intention to improve the way you think. Then correct the negative statement you just made, and make it into a more positive one.

ABSENMINDEDNESS / NOT PAYING ATTENTION

The first stage of the memory process is encoding the information that is to be remembered – thus the brain uses the senses and emotions to process the information and form a memory.

Here are some ways in which you can be less absentminded:

Setting an intention to become more attentive.

Sitting up front where there are less things to distract you, especially if you have difficulty paying attention in class.

Taking notes in class to ensure you listen.

STRESS / ANXIETY

Stress will increase the likelihood of being distracted, resulting in low concentration meaning that information may not be encoded accurately – and thus cannot be later retrieved.

Stress may also result in mental blanks. For example, if you're stressed before an exam, you may not be able to think clearly and access and retrieve the information you need. The best thing to do is to take ten deep breaths and calm down to allow your mind to focus.

Learn more at the Brain and Memory unit of www.studyskillshandbook.com.au.

Our school's subscription details are -

Username: VHS

Password: student

Sentral is going to the Cloud on Friday 24 May 2019

New Portal access information for parents and students

Access to Sentral and the student/parent portal will be down from 3pm Friday 24 May, as it is being moved to the cloud. This could take up to a day to be completed.

The new parent and student address once completed is:

<https://vincentiahs.sentral.com.au/portal>

Using our Vincentia High School Website, you will also be able to access the new portal link from Saturday 25 May, here is the direct link to that page:

<https://vincentia-h.schools.nsw.gov.au/about-our-school/page-links.html>

School Bus Travel

Dear Parents

As of the 29th of April 2019, students travelling on a school bus to and from school are required to have a valid school bus pass for the school bus service they are catching. If a valid school pass cannot be shown a fare will be charged. In the event the school bus pass is lost, some form of student ID is to be shown whilst obtaining a replacement pass (fees apply). You can help make your child's school bus journey more pleasant by ensuring your child has a valid school bus pass and presents it to the driver on boarding the bus morning AND afternoon. Parents are reminded that the School Free Travel is only valid from home to school as per the conditions on the back of the pass. Fares will be charged for all other journeys.

If you are yet to apply for a bus pass or your details have changed eg: address, please go to www.transportnsw.info/school-students alternatively you can call the transport info line on 131 500.

If you have any questions in regards to the correct school bus for your child to catch, please contact the appropriate company:

Kennedy's Bus Service:	Ph: 4421 7596
Nowra Coaches:	Ph: 4423 5244
Shoal Bus:	Ph: 4423 2122
Stuart's Coaches:	Ph: 4421 0332

Careers and Job Vacancy Website

Careers Advisor Mrs McNeil has set up a special website for everything to do with careers and job vacancies. A link to this site can be found on the Vincentia High School Website under the Supporting our Students > Careers tab. The site will include the careers newsletter and be updated weekly, you can make it your one stop shop for careers news!

The website link is:

<http://www.vincentiahighschoolcareers.com/>

P&C Meeting

The Term 2 P&C Meeting will be held on Monday 27 May 2019, at 6pm in the front office meeting room. You are invited to attend the meeting and learn more about the education of our students and all the wonderful initiatives happening at school. This meeting will include your valuable input into our School Plan.

The positions of Secretary and Treasurer are still vacant, if you would like to be part of this dynamic team please email the President Louise Marr at: vincentiahighpc@gmail.com or come along to the meeting, we would love to see you!



CLEANERS REQUIRED

We are looking for reliable cleaning staff to work at local Government sites in and around the surrounding area, various positions available.

Experience preferred but not essential.

Training and uniform provided.

Please send your résumé to

Simon.turner@jossgroup.com.au

Ph: 0447800052 between 8:00am – 4:30pm Monday to Friday

A working with Children Check is required for this position

Term 2, 2019

Thursday 23/5/2019

- ☞ School Photos
- ☞ Pet Therapy & My Story Matters IRT St Georges Basin Yr 7-12 pds 1 to 4 Mrs Whitehouse
- ☞ Gumbari - Terara Farm visit
- ☞ Gumbari Mural Painting
- ☞ Gumbari Shoalhaven Head Golf Crew

Friday 24/5/2019

- ☞ Athletic Carnival all day Sanctuary Point Oval

Monday 27/05/2019

- ☞ PDHPE Big Day Out Sydney CBD all day Mr Wright, Mr Ryan
- ☞ P&C Meeting in Staff Common Room Topic: School Plan 6.00pm

Tuesday 28/05/2019

- ☞ Stage 5 7 6 Indonesian Restaurant & Cooking Balinese Spice Magic Restaurant Wollongong Ms Edwards, Mrs Taylor
- ☞ Water Safety Support B&B Leisure Centre Collingwood Beach pds 3 & 4
- ☞ Senior Girls Soccer Match Round 5 Huskisson Oval Mr Ryan

Wednesday 29/05/2019

- ☞ CLONTARF Rugby League
- ☞ LASP Parent Information Evening 5.30pm-6.30pm

Thursday 30/05/2019

- ☞ Pet Therapy & My Story Matters IRT St Georges Basin Yr 7-12 pds 1 to 4 Mrs Whitehouse
- ☞ Gumbari - Terara Farm visit
- ☞ Gumbari - Shoalhaven Heads Golf Crew
- ☞ Gumbari Mural Painting
- ☞ Support Sailability

Friday 31/05/2019

- ☞ Gumbari - Unicorn Cheese Visit

Monday 03/06/2019

- ☞ Performing Ensemble Tour Mr Langford
- ☞ ISER Performance Ensemble Ms Nolan

Tuesday 04/06/2019

- ☞ Performing Ensemble Tour Mr Langford
- ☞ ISER Performance Ensemble Ms Nolan
- ☞ Child Studies Volunteer Day Vincentia Market Place Ms Amor
- ☞ Year 8 Camp Cockatoo Island
- ☞ Water Safety Support B&B Leisure Centre Collingwood Beach pds 3 & 4

Wednesday 05/06/2019

- ☞ Performing Ensemble Tour Mr Langford
- ☞ ISER Performance Ensemble Ms Nolan
- ☞ Year 8 Camp Cockatoo Island

SCHOOL CONTACTS

K Bates	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 WellBeing
M Swanson	Head Teacher Admin Teachers
G Brindley	Head Teacher Admin (Students)
J Holloway Fry	Head Teacher English (Rel)
J Still	Head Teacher Mathematics (Rel)
K Tololeska	Head Teacher Science (Rel)
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