



## Coondoo Classic MTB Race had 264 enthusiastic riders!

This year saw the 12th Coondoo Classic mountain bike race! The recent rain had settled the track and all 264 riders enjoyed a fabulous day of riding. It was like a scene out of the Tour De France at the start of the race with cheers and cow bells ringing throughout the forest. A quick 6.1km track produced some fastest laps from our Vincentia High mountain bikers, congratulations to; **Alix Luckman, Henry Gray and Lily Wheeler** for outstanding results in their respective categories.

Eleven high schools from Woonona to Eden competed in this much loved event! We would like to thank the following schools: Batemans Bay, Nowra, Bomaderry, Figtree, Warilla, Eden, Ulladulla, Shoalhaven, Dapto, Nowra, and Woonona for joining Vincentia High School to make the day so much fun and another successful mountain bike race.

Farewell to the following Year 12 students; **Jeremy Head, Nellie Gray and Tilhaney Grainger** who have been riding in Coondoo since Year 7, they have been positive role models to our juniors and have enjoyed sharing many wonderful memories. Their respect for the school and love of the sport shone through on the day; after riding his laps **Jeremy** volunteered at the BBQ, **Tilhaney** rode a double lap to keep the team together and **Nellie** offering words of thanks to staff and students for running the event.



Thank you to the following people who assisted with the running of the event: Bruce Gray, Heather Moorcroft, Jo Warren, Holly Macken, Jill and Brianna Tuckerman, Linda McKay, Symone Denham, Louise Smeets, Craig Luckman, Eben Sternats, Lloyd Walters and Cath Brotherton. Your support was very much appreciated.

Thank you to Mr Snelling and Mr Raftery for dedicating their time at transition and transporting the students to and from the school. A big shout out to Mr Volpatti for catering to the hungry mouths over the duration of the day. Ms Joura and Mr Duncan for moral support of the students and end of day pack up duties. Congratulations also to Mr Wright and Ms Boyce who have volunteered their time over the past seven months to create this fantastic event. You are all champions and we appreciate you!

Overall, the Vincentia Bikers achieved great results in all junior, intermediate and senior categories with 12 team podiums! The race results will be posted on the Coondoo page of the school website along with photos taken on the day.



This event would not be possible without the very generous donations and support from our sponsors, thank you to the following businesses:

**Bikes at the Basin, SCUM, Bike Shack Nowra, 5 Little Pigs, Aquatique, Club Jervis Bay, St Georges Basin Country Club, Roxy Cinema, Woolworths – Marketplace, Choice Pharmacy – Marketplace, Jervis Bay Car Detailing, Husky Sports, Officeworks, NSW Forestry, Vincentia Baker's Delight, Sandy's Place Hair Salon, Vincentia, Vilo-Vita, North Nowra Butcher, Ocean & Earth, Jamaica Blue - Marketplace, Super Bargain - Marketplace**

# Student Representative Council Induction

## 2019-2020

A special assembly was held on Thursday 25 July to induct the new School Captains, Senior Leaders and Student Representative Council (SRC) for 2019-2020. Family and friends were invited to attend this prestigious event and join the students for morning tea and the badge pinning ceremony at the conclusion of the assembly.

Congratulations to our new School Captains **Jake Carruthers** and **Lucy Swanson**, Vice Captains **Ryan Phillips** and **Tegan McKay**, Senior Leaders **Oliver Macken** and **Maddison Hall** and all of the prefects and year group representatives. We know you will all strive to achieve great things for VHS and your fellow students.

Thank you to the outgoing SRC for all your hard work and dedication to your position during the past 12 months. We as a school appreciate what you have achieved, how you represented the school with pride and the respect that you gave to each other and your peers.





# Wakakirri Story - A significant cultural connection with our community

On Monday 29 July 2019 our Wakakirri team performed at the Shoalhaven Entertainment Centre in the Regional Wakakirri competition and won the prestigious Spirit of Wakakirri award. Our students are to be congratulated as their performance was truly amazing! Their dance told the story about the handing over of 403 hectares of traditional lands back to the Wreck Bay Aboriginal Community.

Principal Mr Ken Bates along with a large group of staff and parents attended the event and were all extremely impressed and proud of their performance. Mr Bates said, "A special thank you to Miss Viv Nolan, who has driven the dance program and developed our young stars through hard work and dedication to her passion, kids dancing. Well done Viv, who is absolutely unflustered in any situation and a true professional in what she does with our students, we are blessed to have her." He would also like to thank Auntie Gai, Mack and Janine and all of the traditional owners and descendants who played a part in ensuring the dance was accurate and respectful in its story. Ms Nolan and the dancers have been working with the Wreck Bay Community all year to bring their story to life through dance. Thank you to Miss Amor for her continued support of the students and of Ms Nolan, thank you to Mrs Higgins for her input and Ms Smith for help with costuming.

A huge thank you to our Dhawarri Dance Troupe for joining the Wakakirri team, and to everyone who had some input into making the performance so special. Thank you to Year 11 student Tykia Simpson-Brown for providing the photos for the back projection on stage. Thank you to our wonderful P&C for once again making a donation to promote inclusiveness, and ensure no dancer missed out on this wonderful opportunity.

Whilst some awards were distributed on the night, the major awards will be released in a few days. Good luck Wakakirri team, you are all winners already.

## NEWS FLASH:

Congratulations Wakakirri Team for winning the Best Indigenous Australian Story Award. We missed out on going through to nationals this year but received great comments from the judges "A truly inspirational story with great commitment to bringing awareness to a local story". Congratulations you all performed beautifully and we look forward to seeing what you do next year!

This is the link to view and purchase professional photos from the show:

<http://winkipopmedia.photostockplus.com/album/3145474/>







# Z line Subject Selection for Year 9 and Year 10 in 2020 students

It is an exciting time for Year 8 and 9 students at Vincentia High School as it is time to choose the 'Interest Elective' that you wish to study in first semester of 2020. The staff of Vincentia High School have offered a record, 27 different courses to spark your interest and involve you in future-focused skills such as creativity, collaboration and critical thinking. Please take time to read the descriptions of **all** the courses that are offered, and choose a course that sparks your interest and suits your skillset.

In order to choose your elective you will be need to copy and paste the URL below into your browser:

<https://forms.gle/nxDMeCA5pcc35fSb7>

Please ensure you enter your name, your Year in 2020 and then select 5 choices in order of preference. Your number 1 preference, should be the course you most want to do. Classes fill quickly so it is best to select your preferences as soon as possible. If you need more information please contact your Year Adviser or Deputy Principal.

Follow this link to our website for the Z elective choices:

[https://vincentia-h.schools.nsw.gov.au/content/dam/doi/sws/schools/v/vincentia-h/2019/booklets/  
Z Electives Summary.pdf](https://vincentia-h.schools.nsw.gov.au/content/dam/doi/sws/schools/v/vincentia-h/2019/booklets/Z%20Electives%20Summary.pdf)

## Parents & Citizens Meeting

The next Parents & Citizens meeting is Monday Week 4, 12 August at 6.00pm in the Staff Common Room

**09  
AUG  
FRI**

**4PM -  
6PM**

**HSC Art Exhibition**  
An annual exhibition  
featuring outstanding  
student artworks developed  
for the artmaking component  
of the HSC examination in  
Visual Arts in NSW.

**2019**

**CAPA  
VHS**  
*Performance Space*

# 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
- Yr. 12 UAC and University Dates and Requirements, including early entry, Schools Recommendation Schemes & 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](mailto:Maree.mcneil@det.nsw.edu.au)

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



## Healthy canteen accreditation

Congratulations to Mary and our canteen team for being awarded the NSW Health - Great Choice Healthy School Canteen accreditation. This means that our canteen now meets the revised healthy school canteen strategy - making the healthy choice the easy choice. The canteen ladies are beyond excited to have their oven installed and are looking forward to baking up a storm! They now have fresh baked muffins in banana, apple & blueberry or Cocoa priced at \$2, keep an eye out for more exciting flavours to come. The chicken breast and homemade meatballs are now oven baked and delicious. Freshly popped popcorn is only 50c as are mandarins!

Our canteen is open every day before school, recess and lunch. Lunch orders are welcome. The new menu is available on our website:

[https://vincentia-h.schools.nsw.gov.au/content/dam/doe/sws/schools/v/vincentia-h/2019/pandc/MENU\\_updates\\_27\\_June\\_2109.pdf](https://vincentia-h.schools.nsw.gov.au/content/dam/doe/sws/schools/v/vincentia-h/2019/pandc/MENU_updates_27_June_2109.pdf)



# STUDY SKILLS TIP FOR AUGUST: THE IMPORTANCE OF QUALITY SLEEP FOR STUDENTS



## How much sleep is right for you?

This is tricky as everyone is different. Some lucky people need only 6 hours a night, most people need about 8 hours and some people need 10 hours!

*Two ways to tell if you are getting enough sleep:*

How quickly do you fall asleep at night? If you fall asleep instantly that can be a sign you are not getting enough sleep, it should take 10-15 minutes to fall asleep.

How do you feel when you wake up in the morning? If you feel tired and sluggish then that can also be a sign that you need to get to bed earlier.

## IMPROVING THE QUALITY OF YOUR SLEEP:

- Avoid caffeine (cola drinks, coffee, energy drinks, chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Try and have a half hour to an hour before you go to bed without computers, TV, phone or any electronic devices or homework or chatting to friends. If you can't do that, at least put the devices on night mode or turn the brightness down.
- Set up a relaxing 'wind-down' routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!
- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain. Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.

A healthy breakfast will help to kick-start your body clock for the day.

Learn more about lifestyle habits of successful students at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au).

Or click the link on our school home page. Our school's subscription details are -

**Username: VHS**

**Password: student**



# Free movie tickets for our students

We would like to thank Integrity Real Estate Jervis Bay and the Huskisson Pictures for their continued support and generosity in donating movie passes for our wellbeing initiative. Each week students are nominated for showing the values of Vincentia High School; respect, responsibility or personal best, in recognition they receive a free movie ticket.

Deputy Principal Mrs Sandy Clark met with Peter and Jan from the Huskisson Pictures and Tracey Wise from Integrity Real Estate Jervis Bay & St Georges Basin this week, to receive the next donation of movie tickets. We are extremely grateful to live in such a generous community.





# Celebrating our school spirit!



The values of Vincentia High School are

## Respect, Responsibility & Personal Best

This weeks recipients are

**Alex Chatfield, Ella Crowe, Isabella Halls, Dion Frew, Charli Luckman, Ryan Silk, Jacob Livet, Tashi Cannon, Bree Firmstone, Tiarna Deeth, Euan Kielly, Ryan Johnstone, Jeremy Head, Alyssa Head, Justin Abbott, Ben Ebzery Xavier Nader.**

**Charlotte Franco, Bridget Raftery, Alyssa Head, Tom Brotherton, Ryan Marr, Tegan McKay, Raven Tyrrell**

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.

### Buying? Selling? Renting?

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Integrity Strata  
4423 5028

**integrity**  
real estate

# Congratulations to our winners!



## The Trust the Signs Tour is coming to Nowra

**FREE event - all welcome**

Learn when and how to ask R U OK? | BBQ | Activities for all ages

More info at [ruok.org.au](http://ruok.org.au)

**Date:** Saturday, 7 September

**Time:** 12:00pm - 1:30pm

**Venue:** Shoalhaven Entertainment Centre



**COMPASSION  
CONNECT  
KINDNESS**





## Term 2, 2019



### Thursday 01/08/2019

Australian Mathematic Competition in J Block at VHS all Years pds 1-2 Mrs Still

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

### Friday 02/08/2019

Gumbari - Unicorn Cheese Visit

Regional Athletics Carnival

### Monday 05/08/2019

Hunter Secondary Mountain Bike Championships Glenrock Mountain Bike Park Newcastle Mr Wright

Junior Judging Competition Albion Park Show Ground all day Mrs McNeil

### Tuesday 06/08/2019

Hunter Secondary Mountain Bike Championships Glenrock Mountain Bike Park Newcastle Mr Wright

### Wednesday 07/08/2019

HSC Depth Study Museum of Disease University of NSW all day Ms Mack, Ms Tololeska

HSC Projects Night 5.29 - 7.30

### Thursday 08/08/2019

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

Girls Rugby Union

### Friday 09/08/2019

Gumbari - Unicorn Cheese Visit

### Monday 12/08/2019

P&C Meeting 6.00pm - 7.30pm

### Tuesday 13/08/2019

15s Boys and Girls Zone Basketball all day Ms Amor

### Wednesday 14/08/2019



### Thursday 15/08/2019

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

Oceans of Knowledge Seminar Jervis Bay Maritime Museum pds 3 & 4 Mr Lovegrove, Mrs Toscan

### Friday 16/08/2019

Gumbari Unicorn Cheese

HSC Trial Exams

### Monday 19/08/2019

HSC Trial Exam



### Tuesday 20/08/2019

HSC Trial Exams

14's, 16's and open Girls Zone Rugby League



### Wednesday 21/08/2019

HSC Trial Exams

## 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 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)
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