



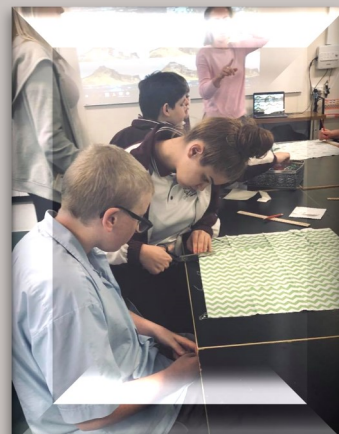
VINCENTIA VIBE - THE VOICE OF OUR SCHOOL

Term 3 Week 04 15/08/2019

Together we all learn

Ms Emery's Year 10 Child Studies class are studying the diverse needs of children. As part of their related skill outcomes: Supporting Children with special needs, the students were asked to plan and implement engaging activities when educating and caring for children in a safe environment.

They invited the students from Mrs Vaughan's Support Class to participate in a few lessons of fun, educational activities. During the first lesson the students worked in pairs to make eco-friendly sandwich wraps. They all had so much fun and the interaction between the students was incredible! This activity also linked in with the topic of recycling that Mrs Vaughan's class are currently studying.



Interagency Services Hub For Vincentia High School

Vincentia High School (VHS) coordinated and hosted an Interagency Hub meeting this week involving over 40 local service providers. Wellbeing, Learning and Support Deputy Principal, Mrs Sandy Clark invited representatives from services in health, local government, NSW Department of Education and community members to discuss the need for a services hub at VHS. Travelling to Nowra to access essential services is difficult for many students and families in our local community.

This project is a 'watch this space' and certainly is an exciting initiative that we as a school community will watch blossom and grow. Acting Principal Ms Renee Gilbert congratulated the team responsible for the 'Interagency Hub' meeting and said, "What a fantastic representation of our community's investment in our students and our school."



Viking Joura returns!

During Term 2 this year, Ms Joura travelled overseas as part of her Premier's History Teaching Scholarship. For five weeks she toured Western Australia, Denmark, Sweden, England and Scotland to visit sites that relate to maritime archaeology, meeting with museum professionals and educators along the way.

Ms Joura learnt about the WW2 battle between HMAS Sydney and the German ship HSK Kormoran. One of her highlights was a day trip out to the Houtman Abrolhos Islands where the Dutch ship Batavia was wrecked in 1629.

In Denmark and Sweden she visited sites that relate to the Year 8 Vikings topic. One of her favourite stops along her tour was the Viking ship museum which feature the remains of five Viking ships that date to approximately AD 1040. It is a working museum so they continue to build replica Viking ships and the public can go out sailing which Ms Joura also did!

Ms Joura then met with more experts in the UK, touring around London (making time to visit Platform 9 3/4!) and the south west of England before heading north to York another Viking stronghold, and into Scotland. One of the best things about Scotland was diving in the very far north of the Orkney Islands, to view the scuttled German battleships from WW1. The water was 8 Degrees Celsius and dry suits were a necessity!

Ms Joura returned from her trip full of ideas on how to use maritime archaeology in the classroom. She is currently writing a 3,000 word report on her study tour and has already presented at the state conference for the History Teachers' Association of NSW. In October she will also present at the National Conference of the Australasian Institute of Maritime Archaeology.

How lucky are we to have a history teacher with this incredible wealth of knowledge and experience in the field!



15 bags donated to assist new mums!

This week, Ms Amor's Year 9 Child Studies class donated 15 bags full of essentials for a new mothers to Leanne Semple from Share the Dignity. Leanne spoke to the girls about domestic violence and how the bags will be used by women in crisis situations. The class have been collecting donations for a couple of months and making up care packages of essentials for young mums in crisis. Thank you to VHS staff, students, local community members and the Vincentia Marketplace for supporting their cause through donations. Ms Amor is extremely proud of the way the girls worked together to make a real difference in their community. August is #DignityDrive month for Share the Dignity. Donations of sanitary essentials can be placed in the box at Woolworths. For more information visit:

www.sharethedignity.com.au



Buy extra for a woman in need

Donate sanitary items to our **August #DignityDrive** by placing them in the collection box at any **Woolworths Store Australia wide.**

This **August**, you can donate sanitary items by placing them in the collection box at the front of any Woolworths store, Australia wide.

#DignityDrive sharethedignity.com.au

HSC Art Exhibition

Ms Corr and her HSC Art students plus Ms Ryder and her Visual Design students collaborated to hold an Art Exhibition at school last week. The creativity of artworks on display was nothing short of exceptional. All who attended were blown away by each and every piece and the professional way in which the exhibit was presented.

A huge congratulations our fabulous Year 12 CAPA students for a job well done. Thank you to everyone who came along to help us celebrate our HSC students' success. Thank you to Mr Langford and Jayden who provided some cool jazz vibes during the show.

The following 2 artist statements belong to Amy and Sarah for their drawings:

Amy - Title: Life Within Death, HSC 2019

Expressive Form: Drawing

Artist Statement:

'Life Within Death' is a visual interpretation based on the notion that after death, a form of life can begin again. As an animal dies it becomes food for other living creatures and fertilizer for the plants as it begins to decompose. Many things will die over the course of our lives, whether it be a loved one, a pet, or even just a phase in life. These phases and natural cycles shape a person's existence, we grow from these 'deaths'. As time passes the memories fade perishing the pain and we learn there is Life Within Death.

Influencing Artists:

Brian Serway

Dusty Ray

Miranda Zimmerman

Sarah - Title: Transience, HSC 2019

Expressive Form: Drawing and Painting. Medium: Pencil, marker, acrylic paint, panel and cardboard.

Artist Statement:

The human state is Impermanent. If we maintain the same physical structure our existence will cease to continue. We have three choices: To stay here on Earth and die, to adapt even with a low success rate or to relocate our race to another planet.

Our best option is to become a multi-planet species; colonising planets other than our own. Expanding our reach to exoplanets will ultimately save us from extinction. As a collective we need to make this a priority, even if it doesn't directly affect you. Your choices will have a heavy impact on future generations. 99.9% of species on earth have become extinct and we need to be an exception. Our legacy must be continued.

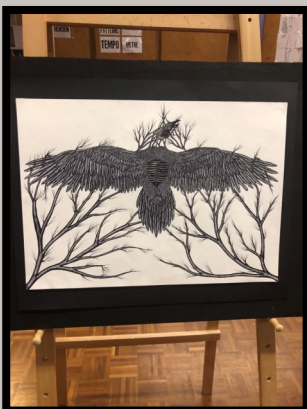
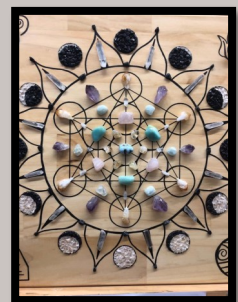
We are too dependant on Earth and soon enough it will become inhabitable. If we choose to stay or are unable to leave we are at risk of a multitude of things; deadly diseases, asteroids, lack of resources, a rogue planet could send us into a deadly orbit, Earth could pass too close to a black hole, our molten core might cool, climate change or the sun may incinerate us. There are endless possibilities of what could happen to our race if we remain here, hence we must take control and ensure that there is no prospect that we will die out. Our future is uncertain and any wrong move will ultimately lead to the demise of humanity. The choice is yours: Do you leave, adapt, or die?

Influencing Artists:

Nicholas Kahn and Richard Selesnick

Cory Jespersen

Ville Ericsson





NOTICE REGARDING THE USE OF CAMERA SURVEILLANCE ON SCHOOL PROPERTY

For the safety of our students, staff and visitors, Vincentia High School will be utilising camera surveillance equipment for security purposes.

In our school Close Circuit Television (CCTV) cameras will be located in areas such as:

- school entrances
- corridors
- computer labs
- ovals
- playgrounds
- bike sheds

CCTV cameras are **NOT**:

- hidden or covert
- located in private areas such as toilets, changing rooms or staff rooms
- used to monitor the quality of teaching

A number of notices will be displayed to alert people of the presence of CCTV cameras. Please be assured that CCTV footage will only be accessed if required in the case of criminal behaviour, inappropriate behaviour (ie vandalism or if disciplinary action is needed), to verify incidents where a person has sustained injury, loss or damage on school premises or to provide the Principal with visual coverage during emergencies. CCTV footage is kept for no more than 60 days, unless required for the abovementioned purposes.

Footage is only accessed for the purposes set out above and only by the following people:

- The Principal or nominee, including people explicitly authorised by the Principal (eg. Members of the school's IT department, executive staff members);
- Department of Education staff, when required to assist the school for an abovementioned purpose; and
- Any other people permitted by law.

Any person on school premises may be captured on CCTV footage. The Principal cannot give copies of CCTV footage to staff, students or parents.

Please note that these measures have been implemented in accordance with the Surveillance Devices Act 2007 and the Workplace Surveillance Act 2005.

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/>



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:

[Canteen List](#)



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.

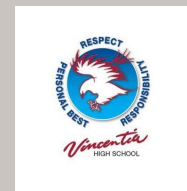
Or click the link on our school home page. Our school's subscription details are -

Username: VHS

Password: student

Uniform Shop will be closed until Tuesday 27 August 2019. Online orders can be collected from Wednesday 28 August. If you need a uniform during this time please contact the front office.

Thank you.



Like us on Facebook to stay up to date with the latest news and outstanding achievements: [VHS Facebook page](#)

Our website provides a wealth of information and important links. The canteen price list and the uniform shop details can be found under the P&C Tab.

[VHS Website](#)

Term 3, 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*

Thursday 22/08/2019

- ☞ *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*
- ☞ *HSC Trial Exams*

Friday 23/08/2019

- ☞ *Gumbari - Unicorn Cheese Visit*
- ☞ *HSC Trial Exams*

Monday 26/08/2019

- ☞ *HSC Trial Exams*

Tuesday 27/08/2019

- ☞ *HSC Trial Exams*

Wednesday 28/08/2019

- ☞ *HSC Trial Exams*

Thursday 29/08/2019

- ☞ *HSC Trial Exams*
- ☞ *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 30/08/2019

- ☞ *HSC Trial Exams*
- ☞ *Gumbari - Unicorn Cheese Visit*

Wednesday 04/09/2019

- ☞ *NSW State Athletics Carnival*
- ☞ *Yr 9 Historical Investigation fieldwork HMAS Albatross fleet Air Arm Museum and Dolphin Watch all Day Mr Crossman, Ms Joura, Mrs Beck, Mr Rakecki, Ms Harper, Mrs Newton, Mrs Brunswick*

Thursday 05/09/2019

- ☞ *NSW State Athletics Carnival*

Friday 06/09/2019

- ☞ *NSW State Athletics Carnival*

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 Toleska	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