The Graduation Ceremony for 2014 Year 12 students was held in the school hall on Thursday 18th September.

The ceremony was attended by teachers, parents, carers and students from years 7 to 12. Vincentia High School wished the graduating students the very best of luck with their future endeavours.
World Hat Day
This Friday, 10th October, is World Hat Day - shining a light on 'Mental Health Awareness'. Students and teachers are encouraged to wear a silly hat to school on Friday and bring a gold coin donation. Prizes will be given for the silliest hat!

Year 7 Camp
Year 7 camp is next Monday, 13th October. Students are to meet in the Year 7 area at bell time with their camping equipment. Return date is Wednesday 15th October - in time for the buses.

Defence Transition Mentor
My name is Mrs Jacqueline Copeland and I have been appointed to the position of Defence Transition Mentor (DTM). Defence Transition Mentors are based in secondary schools across Australia where there are significant numbers of students who have a parent serving full-time in the Australian Defence Force.

The role of a DTM is varied and includes: helping Defence students integrate into a new school, assisting Defence families to create support networks and supporting Defence students during times of parental absence.

If you are a full-time serving ADF member with dependants, your family is entitled to receive support. In order to receive this support, it is important that you provide me with this information.

I am at school on Monday and Tuesday from 8am to 2pm, and Wednesday and Thursday from 8.30am to 2.30pm. I can be contacted on 4441 6766 or at Jacqueline.copeland3@det.nsw.edu.au.
Thank you
Wednesday, 17th September saw the presentation of the fourth year of the ‘My Story Matters’ partnership. Once again students from Vincentia High School worked closely with residents from IRT St Georges Basin to produce Oral History presentations. My Story Matters has touched the lives of approximately 80 residents and students during this period. The remarkable aspect of this project is that in bringing the students and residents together we have been able to engage two groups within our community who may otherwise never have met. The participants ages have ranged from 14 to 100 years of age, so we are actually bringing together two groups separated by more than one generation.

Working with the staff from Vincentia High School has been fantastic as their enthusiasm makes the planning and execution of the 10 week program run smoothly and their enthusiasm helps the students during the early weeks of the interview stage. Testimony to the value and enjoyment the students receive from the project can be seen by the number of students wanting to participate multiple times. We have students now presenting the story of residents for two, three and in one instance a fourth consecutive year. We would also like to acknowledge the assistance provided by Essential Employment and Training and Shoalhaven City Council who supported the printing of a booklet for each participant.
A reminder to parents to notify the school about your child’s health

We welcome information from parents about their child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as Asthma and Diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

Important Information for Parents

Students having time off school during the term

A number of requests have been made recently, by parents, for the school to provide work packages for students who are going on vacation during term.

It is not school practice to provide work packages for this purpose. Extenuating circumstances such as long term illness, misadventure or long term suspension are when work packages are provided.

Any student taking holidays for three months or longer is required to apply to Distance Education. If students are going to be absent for more than two days, notification should be made to the school by phoning - 4441 6766, and informing Mrs Simpson who is the Attendance Officer. If Mrs Simpson is not available you can leave a message with reception which will be passed on to Mrs Simpson. A note explaining any absence from school must be provided on the next day of attendance. This note must contain the students full name and be signed by the Parent/ Caregiver stating the reason for the absence.

Process for students taking holidays during the term:

If you are intending to take your child on holiday within the school term you are required to obtain an ’Application for Exemption from Attendance at School’ form from the front office. At least one weeks notice is required, preferably longer to allow for processing.

The Principal is required to sight this form and provide the Parent/Carer with a ‘Certificate of Exemption from Attendance at School’.

Steve Glenday
Principal.
**What’s happening at VHS**

**Thursday 09/10/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- IPAC Theatre Production The Dream Mrs Meehan all day.
- Healthy Minds Workshop Yr 11 pds 1-2 and Yr 10 pds 3-4 in the Performance space

**Friday 10/10/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- Gumbari Reward Excursions/Various Location Mrs Scott pds 3 - 6

**Monday 13/10/2014**
- Higher School Certificate begins
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- Year 7 Camp Coolendel Mrs Morris

**Tuesday 14/10/2014**
- Higher School Certificate
- Koori Radio Station Bay & Basin FM pds 5-6 Mrs G. Brown
- APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6
- Year 7 Camp Coolendel Mrs Morris

**Wednesday 15/10/2014**
- Higher School Certificate
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Booderoo Program – Chilax/Booderee National Park Mr Asbury pds 5-6
- Year 7 Camp Coolendel Mrs Morris
- Year 6 Handover - Hyam’s Beach Fire Shed

**Thursday 16/10/2014**
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- Greenlight Youth Driver Education Course at Vincentia High School Mr Taylor all day

**Friday 17/10/2014**
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- Gumbari Reward Excursions/Various Location Mrs Scott pds 3 - 6
- Year 11 Luna Park Excursion

**Monday 20/10/2014**
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- Higher School Certificate

**Tuesday 21/10/2014**
- Higher School Certificate
- Koori Radio Station Bay & Basin FM pds 5-6 Mrs G. Brown
- APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6

**Wednesday 22/10/2014**
- Higher School Certificate
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Booderoo Program – Chilax/Booderee National Park Mr Asbury pds 5-6

**Thursday 23/10/2014**
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4

**Friday 24/10/2014**
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Point Mrs Scott pds 1-4
- Gumbari Reward Excursions/Various Location Mrs Scott pds 3 - 6

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**Leadership and Social Engagement Contacts**

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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</thead>
<tbody>
<tr>
<td>M Morris</td>
<td>Year 7 Adviser</td>
</tr>
<tr>
<td>G Keogh</td>
<td>Year 8 Adviser</td>
</tr>
<tr>
<td>J Powter</td>
<td>Year 9 Adviser</td>
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<tr>
<td>J von Stieglitz</td>
<td>Year 10 Adviser</td>
</tr>
<tr>
<td>H Pastor</td>
<td>Year 10 Adviser</td>
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<tr>
<td>P Raftery</td>
<td>Year 11 Adviser</td>
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<tr>
<td>S Brunswick</td>
<td>Year 12 Adviser</td>
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</tbody>
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**Term Dates:**

**Term 4 2014**
7th October - 19th December

Parents and students are requested not to use the staff car park. This is dangerous and causes congestion.
Parent Workshops:

“Life Skills safe partying, drugs & drinking”  
“Christmas Party”  

These workshops are held prior to the P & C meetings each month in conjunction with Bay & Basin Community Resources. These workshops are designed to engage, enthral & enlighten the life and times of teenagers, adolescent psychology and the trials of moving through high school to life and beyond ……

Location: Library  
Time: 6pm to 7.30pm

Interested parents and carers are invited to stay for the P & C Meeting where you can have your say and become involved without school community. Join us for light refreshments and a stimulating time...

Ms McIntyre is collecting jars - without lids - in all shapes and sizes.

If you have some spare jars please send them in.

Thank you.

A HUGE THANKYOU!
FROM CARESOUTH TO ALL OUR FOSTER, RELATIVE AND KINSHIP CARERS.

YOU CAN MAKE A DIFFERENCE.
You could become a CareSouth Foster Care.
Foster care can be a rewarding journey for individuals, couples or families. By providing a stable, caring home environment you can make a positive difference in a child’s life. CareSouth provides exceptional support.
To find out more, visit our website or contact our friendly team.

EVERYDAY CareSouth
www.everydaycaresouth.org.au
1300 554 260

Ms McIntyre is collecting jars - without lids - in all shapes and sizes.

If you have some spare jars please send them in.

Thank you.
Crossroads Rural Fire Brigade Notice

Permission Time!

We are now in the fire danger period. We look like having a busy fire season regardless of the recent heavy rains.

This means that no burning off can be done without a permit issued by the NSW Rural Fire Service.

To obtain a permit, please call the Shoalhaven Fire Control on 4424 4424. That office will provide you with the name and telephone number of the relevant Permit Officer for your area.

Thank you.
Crossroads Rural Fire Brigade

Like “Vincentia High” on Facebook and share our page to win one of two iTunes vouchers. Winners will be announced after the school holidays. Thank you for helping us get connected with our community.
SCHOOL FAIR
QUILT AND CRAFT SHOW
LIVE MUSIC / MARKETS / LOLLY SHOP
FACE PAINTING / FIRE ENGINE DISPLAY
JUMPING CASTLE / CRAFT STALLS
FUN FOR THE WHOLE FAMILY

SATURDAY STARTS AT 10AM
18TH OF OCTOBER

DREAM IT
MAKE IT!
FESTIVAL

We are encouraging artists, builders, chefs, mechanics, musicians, makers and creators of all ages to participate in this exciting and innovative festival.
Register your creation online at:
www.dreamitmakeitfestival.com
Dream it, create it, make it, and show it off.
OVER $2000 IN PRIZES!

Growing Gorgeous Boys into Good Men!

- Adolescent boys – they seem to disappear into another world where they barely communicate, and where fast cars, alcohol and thugs are constant temptations.
- Will they survive to become good men?
- How can parents and schools understand and help them through this difficult and dangerous time?

Celia Lashlie
After 15 years as the first female prison officer, Celia knows what can happen when boys make the wrong choices. She also knows what it’s like to be a parent — she raised a son on her own and learned for his survival. During the recent Good Man Project she talked to 100 classes of boys throughout. The result was a significant insight into the minds of teenage boys and what they are feeling in this period of their lives. There are challenging suggestions for parents if they want to see their sons become the good men they wish them to be. Celia is a great speaker and her talk gives parents food for thought and plenty of tools to help with their teenage sons. All parents will find something valuable in this talk — regardless of whether they have sons or not.

SHOALHAVEN YOUTH
REFERENCE GROUP

Volunteers wanted
A fun way to have a say and help other young people in the region

If you’re 16-25yo and passionate about young people apply online at the headspace Nowra website (google ‘headspace Nowra’ and follow the links). We’ll get in touch with you. Applications open now. Meetings fortnightly. Events monthly. Awesomeness constantly.

FOR PICS AND VIDEOS OF SYRG ACTIVITIES FIND HEADSPACE NOWRA ON FACEBOOK

YOU WILL GAIN:
QUALIFICATIONS & TRAINING:
- mental health first aid
- dealing with the public
- youth health promotion
- self management
- professional references

EXPERIENCE:
- event planning
- professional meetings
- leadership
- media performance
- film making
- social media
- public speaking

FUN STUFF:
- plan and run events
- talk about youth issues
- make friends
- eat lots of food
- make a difference
- casual, social, fun
Dealing with cyber bullying

Like other forms of bullying such as verbal abuse, social exclusion and physical aggression, cyber bullying may result in the targeted person developing social, psychological and educational issues. While cyber bullying is similar to 'real life' bullying it also differs in some ways:

- it can occur 24/7 and a child can be targeted at home
- it can involve harmful material being widely and rapidly sent to a large audience, for example, rumours and images can be posted on public forums
- it can provide the bully with a sense of relative anonymity and distance from the target, so there is a lack of immediate feedback or consequences.

Here are some basic steps to help deal with cyber bullying

**Ignore it** - don't respond to the bully. If they don't get a response they may get bored and go away.

**Block** - the person. This will stop you seeing messages or texts from a particular person.

**Tell someone** - tell an adult you can trust. You may want to talk to your mum, dad or a brother or sister. You can contact the Cybersmart Online Helpline service, call Kids Helpline on 1800 55 1800, visit the Kids Helpline website or the Headspace centre.

**Keep the evidence** - this can be useful in tracking the bully down. Save texts, emails, online conversations or voicemails as evidence.

**Report it to:**

- your school - they should have policies in place about bullying and cyberbullying.
- your ISP and/or phone provider, or the website administrator - there are actions they can take to help.
- the police - if there is a threat to your safety the police will help. Call Triple Zero (000) or Crime Stoppers on 1800 333 000.

Further information about cyber bullying is available at the Cybersmart website.