Week 8, term 3, Gumbari students travelled to Sydney by train to experience a bit of city culture and develop their travel training skills.

First stop was the YHA Hostel to check our luggage in before a long day of travel training, which included multiple ferries to Manly from Darling Harbour and walking across the Sydney Harbour Bridge. Sydney turned on the sunshine, which was a welcome change from the cold wet leading up to our excursion. Later that night we headed to China Town for some special culinary delights, which left most students too full to accept Mrs Scott’s offer of free ice creams! On our return to the YHA we had a quick game of pool at the YHA community lounge before showers and bedtime.

Day two started with a fully cooked breakfast. The weather looked wet and cold, but as if the Gods were looking down on us the sun came out as we left for our day’s adventure. Next was a quick walk to the Powerhouse Museum to see the Classic Cars and Designer Awards 2013 exhibition before heading back to catch our return train home from Central Station. The train home saw some much needed rest for some and a chance to reflect on an enjoyable trip.

All the students represented the school with pride with many members of the public commenting on how impressed they were with the students’ respectful and courteous behaviour. Well done, guys and girl!
Healthy Minds Workshop

‘Mindblank’

On Thursday 9th October, Shoalhaven Suicide Prevention and Awareness Network (SSPN) presented a Healthy Minds workshop called ‘Mindblank’ to all senior students. This project has been designed to increase young people’s awareness of decision-making.

Adolescence is a time of great transformations: physical changes, career choices, relationship status, changing family dynamics and a range of other issues. These are all common issues that young people must learn to negotiate as they become adults. They provide opportunities for growth and the learning of new life skills.

This program is an interactive theatrical forum that allows young people to explore the consequences, both negative and positive, in the short and long term, that arise from choices they may make when navigating these issues. Through professional actors the students are able to set scenes and replay choices the characters make to alter the outcome of the story. Young people leave this event with a clearer understanding of the impact of some life choices and with a better knowledge of support available in the community to assist and support them in their journey.

The workshop was used to launch the ‘Blue Card’ an initiative of SSPAN in partnership with the South Nowra Rotary Club. The blue card can be used by young people to ‘ask for help’ when they are in need of support but don’t know how to ask for it.

Vincentia High School would like to thank the South Nowra Rotary Club for their involvement in this very worthwhile project, and a huge thank you to SSPAN for their time and their very generous donation of $600 to support young women to attend our ‘Enlighten Education’ Program that will be presented to years 7 & 8 girls on Monday 3rd November.
As a part of the Visual Arts program, students from Gumbari have been creating large mural artworks for members of the community.

In 2012 the Sanctuary Point Children’s Centre approached the school to create a mural for their playground. We jumped at the chance. Since then we have created three large murals, two for the Children’s Centre and our current project at Erowal Bay General Store.

The students have learnt valuable skills in planning, preparing and undertaking large scale artworks in conjunction with community members. Perhaps the most rewarding experience has been the positive responses from the children of the day care and other members of the public who pass by.

In 2012 the mural team received Youth Community Service Awards for their superb efforts. Well done, team!
What's happening at VHS

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 – Chillax/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

Monday 27/10/2014
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- Higher School Certificate

Tuesday 28/10/2014
- 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 29/10/2014
- Higher School Certificate
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- Yr 7 & Yr 9 Vaccinations (Yr 9 Boys only) all day

Thursday 30/10/2014
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- Yr 6 to 7 'Taste of High School'

Leadership and Social Engagement Contacts

M Morris          Year 7 Adviser
G Keogh          Year 8 Adviser
J Powter          Year 9 Adviser
J von Stieglitz  Year 10 Adviser
H Pastor          Year 10 Adviser
P Raftery        Year 11 Adviser
S Brunswick      Year 12 Adviser

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
Student Representative Council (SRC) wins $1,000

The SRC entered the ‘Grants for School’ competition which was sponsored by NAFDA Australian Foodservice Distribution. Mr Bill Robinson, Food Service manager from V&C Foods Nowra, presented a cheque for $1,000 to SRC Representatives Jason Laing and Lara Norton.

Year 7 Camp
(Mardi Morris - Die Hard 4)
New dates for the Year 7 Camp

Wednesday - 5th November 2014
Thursday - 6th November 2014
Friday - 7th November 2014
Week 5!!!!
(Gale Force Winds permitting)

Parent Workshops:

“Life Skills safe partying, drugs & drinking”  October 30
“Christmas Party”  November 27

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...
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.
FAA Ball Saturday 18th October 6 pm Fleet Air Arm Museum

The FAA Ball is a celebration of 30 years of the Squirrel helicopter and it is open to all personnel, whether uniformed or civilian working at HMAS Albatross or wider afield.

The night will allow the FAA, HMAS Albatross and the RAN to showcase to personnel some of its capabilities and for people to be part of a ceremonial sunset.

The aim of the Ball is for a whole night of entertainment, which will include helicopters, The Precision Drill Team display by the Australian Federal Guard, music by the RAN Band, a full ceremonial sunset, three course meal, drinks, a magician/comic and finally the RAN Rock Band to dance the night away. Transport will be available.

Tickets - Tickets are $100 and can be purchased via a cash payment or direct debit. For cash payments members are to contact XO 816 Squadron, LCDR Stuart Baily at email stuart.baily@defence.gov.au. For direct debit payments the following account details apply:

a. Account Name – Welfare Fund Ships Amenities Fund
b. BSB 642170 - ADCU
c. Account Number 301130
d. Reference (Ball – Surname)

All direct debit queries are to be directed to the HMAS Albatross Bookkeeper, Ms Mere Ryan at email Mere.Ryan@ssds.com.au. Once direct debit payments have cleared tickets can be collected from Ms Ryan, who is located within the Accommodation Office area.

Transport - Three 21 seat busses will provide a service to/from the surrounding area. For details contact LS Adam Kohler at email adam.kohler@defence.gov.au

Experience The Magic Of Hosting

In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my respects to Toon’s parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn’t have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in January 2015

Request student profiles now to find out more!

www.wep.org.au  1300 884 733  info@wep.org.au
Permit 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.
Vincentia High School would like to thank the following organisations for their very generous donation towards the Enlighten Education Seminar to be held in the School Hall on Monday 3rd November at 6pm. The 1 hour talk is inspiring, humorous and empowering to you as a parent or support person for young women. (See the attached flyer in this newsletter for more details)

Shoalhaven Suicide Prevention & Awareness Network SSPAN
Sanctuary Point Medical Centre
Sanctuary Point Pharmacy
Bay & Basin Community Resources BBCR
Lions Club Jervis Bay
Vincentia Medical Centre
St Georges Basin Physiotherapy

Your support is very much appreciated.

Any donations to support this worthwhile event can be forwarded to Vincentia High school, attention Gabrielle Keogh or Mardi Morris. Thank you.
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 drugs 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 want them to be. Celia is a great speaker and her talk gives parents food for thought and plenty of tips to work with their teenage sons. All parents will find something valuable in this talk regardless of whether they have sons or not.

FREE

Shoalhaven
Tuesday 28th October
12:30pm-2:30pm
Shoalhaven Entertainment Centre, Bridge Rd, Nowra

Please arrive early to allow workshops to commence on time.

Bookings Essential: Ph. Donna Forknall: 02) 4264 2700
(Dates may be indicated)

NSW Health
Rearernoon Shoalhaven
Local Health District

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. Awesome experience.

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
- Staff for your resume
- 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.