Dear Parents and Students

Higher School Certificate exams are nearly finished and students next week will be attending their formal, their last official function at Vincentia High School. I want to thank year 12 for their contribution to the school and to the broader community and wish them the best for their future.

Our P&C are such a valuable part of our school. They have funded the completion of our bike shed which looks spectacular. Look on the school facebook site for the latest photos.

Due to the death of a student in Sydney, from a falling tree, the majority of our dangerous trees have been removed. They have been replaced at the front of the school by new native gardens. Thank you to the Gumbari team and Bill our general assistant for making the front look so inviting. Special thanks to Mr Parkinson from Wirin Wirra Native Plants who donated 30 plants.

We have been allocated, for the beginning of next year, a fence that will enclose the whole school. Designs and colours are being put out to tender and we expect it completed by February 2015.

We have more designs and maintenance planned for 2015 to keep enhancing the school environment and any community support and ideas are welcome.

Our Ag farm is a ‘happening place’, with spring arriving we have many new chicks and hopefully some baby Alpacas by early next year.

Tomorrow we host the Illawarra and South Coast Principal’s Conference showcasing our school.

S Glenday
Principal.

SANTA FUN RUN

The Santa Fun Run for Schools Program! will be held in

Week 10, Friday 12th December.

This is a fundraiser to raise money supporting

Variety - The Children’s Charity

Funds raise will help provide practical equipment such as wheelchairs, walkers, standers and more for Aussie kids enabling mobility, independence and self esteem

Santa Suits will be sold at the
Vincentia High School Front Office
for $10
CRIME AND POLICE in the Bay and Basin Area.
Monday, October 27, 2014
St Georges Basin Country Club Auditorium
7.00pm

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

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)

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...
Camp Gallipoli is a once in a lifetime opportunity for all Australians and New Zealanders to come together on the 100th anniversary of Gallipoli to sleep out under the same stars as the original Anzacs did 100 years ago.

In a series of historic locations around Australia and New Zealand, families, schools and community groups are invited to join in a special night of remembrance, entertainment, mateship and the birth of that special Aussie & Kiwi ANZAC spirit. Each venue will have spaces set aside for camping using swags, just like the Diggers did. There will be entertainment, special guests, movies, documentaries, great food options and a very special Dawn Service on Anzac day itself.

Camp Gallipoli has been fully endorsed by the Anzac centenary committee, Department of Veterans Affairs, Federal Education Department, RSL and Legacy. For more information go to: www.campgalipolli.com.au

‘DRUMS, DRUMS, DRUMS’

Drum Tuition Now, at Sanctuary Point

Mr. Chris Fox an experienced drum teacher and local schoolteacher, is set up and teaching now at Sanctuary Point. Mr. Fox has 34 years of experience playing drums; and has played in a variety of settings: Pop/Rock, Classic hits bands, small acoustic ensembles, 3 and 4 piece Blues/Rock bands; a large Primary School performance band, and church ensembles.

Read music and play with great timing and feel to an advanced level;
Electronic drums are ‘the go’ to learn on! They are
Exceptionally quiet, (use in flats without upsetting the neighbors!)
Have a 101 different settings and sounds,
Shrink down to suit children as young as 6 or 7;

and ...
Will pump it out of an amp when you’re ready;
And are very modestly priced!

Gain: accuracy, speed, versatility, sensitivity, correct technique and (the essential) timing, with me.

For even more info and a video of me explaining things in the studio go to: www.facebook.com/DrumsDrumsDrums2014 and click on ‘About’.

First lesson free - very competitive prices!

Play: Pop, Rock, Country, Blues, basic Jazz, Latin and Funk on acoustic or electronic drums.

Phone: 44438373 or 0417339413
Variety Santa Fun Run for Schools Program
12th December, 2014

Funds raised through the Santa Fun Run Schools Program will help to provide practical equipment such as wheelchairs, walkers, standers and more for Aussie kids, enabling mobility, independence and self-esteem.

https://2014santafunrunforschools.everydayhero.com/au/vincentia-high-school

Santa suits are available for purchase from the school for $10.
Vincentia High School
Mountain Bike Fundraiser
Bunnings, Nowra
Sunday 14th December, 2014

Each year Vincentia High School participates in many mountain bike events. Over 80 students participate in these events which are held as far away as Canberra. To help subsidise some of the cost for 2015 which includes entry fees, transport and accommodation. The school will be holding a BBQ fundraiser at Bunnings, South Nowra.

We really need your help!!!

The BBQ runs from 7am till 6pm and we need about 5 people in attendance each hour. If you can help support this very worthwhile cause, please fill in the slip below and return it to Ms Boyce before 31st October, 2014. Volunteers need to be 18yrs of age or over.

Thank you for your support

Vincentia High School
Mountain Bike Fundraiser Bunnings Nowra
14th December, 2014

My name is _______________________________ and I can assist at the Bunnings BBQ on Sunday 14th December between the hours of _______________________________. My mobile number is _______________________________. My email address is _______________________________.
TRIATHLON NEWS

Save The Dates

2015 All Schools Dates
Individuals 25th Feb.
Teams 27th Feb.

The cost for All Schools will be approximately $110.00 for Individuals and $30.00 for teams. Plus entry costs.

TRAINING DAY TERM 4
TUESDAY 9TH DECEMBER
WEEK 10

FUNDRAISER Husky Long Course SUN 22nd FEB

SWIM TRAINING:
Ocean Swims Saturday Mornings
Husky Beach 9am

November Training Challenge starting soon. More info to follow

CHECK OUT:
www.jervisbaytriathlonclub.org
www.eliteenergy.com
www.xteraplanet.com

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www.eliteenergy.com
www.xteraplanet.com
What’s happening at VHS

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

Friday 24/10/2014
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerrinong 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
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerrinong Mrs Scott pds 1-4
- 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 Gerrinong Mrs Scott pds 1-4
- Yr 6 to 7 ‘Taste of High School’

Friday 31/10/2014
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerrinong Point Mrs Scott pds 1-4
- Gumbari Reward Excursions/Various Location Mrs Scott pds 3 - 6

Monday 03/11/2014
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- Higher School Certificate

Tuesday 04/11/2014
- 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 05/11/2014
- Higher School Certificate Finishes
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Booderoo Program – Chillax/Booderee National Park Mr Asbury pds 5-6

Thursday 06/11/2014
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerrinong Mrs Scott pds 1-4
- Year 10 Exams
- Year 12 Formal

Parents and students are requested not to use the staff car park
This is dangerous and causes congestion
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 student's 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.
Jervis Bay School is Celebrating 100 years

Saturday November 1st 2014  9:00 to 2pm
Booderee National Park, Village Road Jervis Bay (Near Creswell)

Fun For All

- St George Illawarra Dragons
- Wreck Bay Aboriginal Community
- Booderee National Park
- Australian Federal Police displays
- Navy Rock Band and Navy Displays
- Navy Sea Cadets
- Anglicare Black Duck Service
- University of Wollongong (Shoalhaven Campus) fun shows
- University of Canberra exiting activities
- Bay and Basin Community Radio
- Market Stalls
- Scottish Piper
- Chocolate Wheel (great prizes on offer)
- Men’s Shed
- Food Stalls
- Heaps of free and fun activities for kids
- Jumping Castles

- Lions Club
- Marine Rescue
- Science Shows
- Creswell Tours
- Drumming
- Art and Craft Displays

Official Welcome and opening of
Time capsule 10:00 am

Reunion Dinner for Saturday night—
Club Jervis Bay $20  Please contact school for details. 44421002
If only coming to the
Celebrations No park fee applies
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.
Do you have a young child between the age of 0-8 yrs?

Would you like fishing tips from one of Australia’s best-known fishing identities?

Tips on fishing with kids – make it fun!

Join other local fathers to share parenting experiences

FREE fishing pack

An initiative of the Shoalhaven Parents Early Intervention Parenting Program funded by the Department of Social Services

Fishing and Parenting
FREE Workshop
Sussex Inlet 2014
Sat. 29 & Sun. 30 November
Places limited
Register to participate today
To register contact: Kim Oliver
0428 494 034 or 4423 6233
or complete the registration form at this venue

Presenters:
Steve Starling
Fishing/Boating/Outdoor Journalist and Educator
& former TV Presenter

Dr Liz Cuninghame
Local GP and Facilitator of the Practical Parenting Workshops for the Shoalhaven.

Grand Pacific Health
medicare local
Local Illawarra-Wollongong
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)
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

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 fought 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 tools to work with their teenage sons.
All parents will find something valuable in this talk regardless of whether they have sons or not.

Schoalhaven 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 forth
ightly. Events monthly. Awesomeness constantly.

For pics and videos of SYRG activities
Find Headspace Nowra on Facebook
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