Vincentia High would like to thank Bendigo Bank for supporting 25 students from years 10 & 11 who attended the ‘Greenlight’ Youth driver education course. The one day course was facilitated by Motorvation Mobile, a unique driver training provider with a strong focus on driver psychology, attitude change and risk reduction.

Greenlight teaches young people strategies to help them reduce risk and improve their understanding of vehicle technology, road laws, safety features and spatial awareness. The course also provides an opportunity to use world-class driving simulators, providing participants with practical driving experience in a safe off-road environment.
Vincentia High School hosts the Principals Conference

High School Principals from the South Coast and Illawarra Region were stunned and amazed at the quality and diversity of programs that are on offer at Vincentia High School!

Our school hosted the Principals Conference for Term 4 on Friday 24 October. Thirty two Principals attended the day which consisted of workshops that showcased Vincentia High School and the programs that are on offer, and an opportunity to network and share ideas.

The programs presented at the workshops were:

- The structure and organisation of each curriculum stage of learning
- Mind Matters and Wellbeing
- Comprehensive Indigenous programs
- Agriculture
- Sporting
- The Bushscape Cafe and our community partnerships
- Our impressive NAPLAN results that went against the trend, we were the only high school in the area that showed improvement.

A delicious morning tea and lunch was prepared and served by Mr Volpatti and Ms Boyce’s ‘What’s on the Menu’ classes along with year 11 Hospitality students. A huge thank you to Emily Russo, Jamie Merriment, Rebecca Malby, Leslee Edwards, Jarrod Jackson, Antony Bentley, Eileen Davis, Tilly Patterson, Maddy Hawkins, Diana Faraj, Jenn Burns and Tabatha Hooper who all worked tirelessly, in a professional manner, to prepare and present such an outstanding meal.

The Principals told Mr Glenday that not only were they amazed at the school and the quality of programs on offer, they were also incredibly impressed by how articulate, mature and confident the Student Representative Council (SRC) were in welcoming them and taking them on a tour to promote the school.
Celebrating our school spirit!

The values of Vincentia High School are

Respect, Responsibility
& Personal Best

Tickets have been donated to the school by Integrity Real Estate in recognition of our school values.

This week's recipients are:

Chloe Broad & Dyson Hogan - Year 7
Outstanding help during Homework Centre. They work hard and are always polite and well mannered.

Sharlie Hind-Langwade - Year 8
Positive School Ambassador in the Community. While bike riding in sport, Sharlie said hello and asked how people were doing to literally everyone we passed. I received a lot of smiles and compliments on our students from these people. She brightened everyone’s day and brought a positive light onto the school.

Coraleigh Hogan - Year 9
Big help at Homework Centre Wednesday afternoons. She is displaying a proactive attitude and often helps me pack up or assist with the food.

Natalie Hooper - Year 11
Hard worker who always tries her best and strives to achieve perfection in her work. She is amazing in Retail Services.

Kristen Bradshaw - Year 11
Embraces a community feel in the class. Helps others with her knowledge and notes and follows all VHS PBS initiatives. A lovely person to have inspiring Year 12 and setting high standards for the VHS community.

The following students displayed outstanding commitment to catering for the principal's function:
Year 11: Jenn Burns, Antony Bentley, Jarrod Jackson, Year 10: Rebecca Malby, Leslee Edwards, Eileen Davis, Jamie Merriment, Emily Russo, Tilly Patterson, Maddy Hawkins.
They worked through recess and lunch and were commended on their professionalism.

These values can be shown in many ways within the school community.
It is these actions of our students that we, as a school, are proud of and wish to acknowledge.
Each week a student/s from the school, in any year, will receive a FREE movie ticket to the Huskisson Theatre as recognition of their VHS spirit.

Congratulations to our winners!
Amnesty on Sporting Equipment

Students and Parents

It appears that many items of sporting equipment has been borrowed by the students to retain at home for recreational purposes. While active play leads to positive levels of health, the loss of school equipment severely impacts on physical and health outcomes for all students and the ability to deliver physical education on an individual learning basis.

No equipment (eg. Soccer balls, footballs, basketballs) has been lent to students to keep at home.

As such, we request the assistance of students and parents to return any sporting equipment that may belong to the school for the next two weeks. No questions will be asked during this amnesty period.

The equipment can be returned to the PE staffroom before school, recess or lunch.

Replacement of equipment costs a significant amount of money. This money would be better spent on sourcing new equipment and developing new programs that further advance the physical and health needs of students.

Your assistance in this matter would be greatly appreciated.

Peter Raftery
Sports Coordinator

A thank you note from an past student

Ms Cathy Boyce was delighted to receive an email from Sherrie Tripp a Hospitality student from 10 years ago, thanking her and Ms Smalley for inspiring her to achieve her dream to become a Chef. Last month Sherrie qualified as a Chef at Neil Perrys Rockpool Bar and Grill. Sherrie became sleep deprived working 10 to 16 hour days, it was worth it she said, to learn what working in a ‘real’ kitchen was like.

In her third year Sherrie showed so much potential that she was put in charge of the kitchen during serves. This role is normally given to a Sous Chef. Sherrie has worked with top chefs and cooks from around the world. Heston Blumenthal, Thomas Keller and Maggie Beer just to name a few and worked on the photo shoots for the First Class QANTAS menu.

Sherrie says even though she can’t count how many times she has cut her fingers and that she has hands of leather, she loves being a chef and hasn’t looked back since leaving Vincentia High School. Again Sherrie thanked her Hospitality teachers for their encouragement and support which gave her the confidence to achieve her goals.

Good luck with your future career Sherrie, we wish you well.
Camp Gallipoli

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

2015 TRIATHLON NEWS

Individuals: 25th February, 2015
Cost: $110 Individuals

Teams: 27th February, 2015
Cost: $30 Teams

Training Day
Tuesday 9th, December (Week 10)

Fundraiser: Husky Long Course
Sunday 22 February, 2015

Swim Training: Saturday mornings at Husky Beach - 9am
November Training Challenge starting soon.

For more information go to: www.jervisbaytriathlonclub.org
www.eliteenergy.com
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.

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...
**What’s happening at VHS**

_Thursday 30/10/2014_
- Higher School Certificate
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerrinong Mrs Scott pds 1-4
- Year 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 Booderoon Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- Year 7 Camp Coolendel

**Thursday 06/11/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerrinong Mrs Scott pds 1-4
- Sailing on Jervis Bay with Sailability NSW/Callaia Bay Sailing Club Mrs Clark pds 1-4
- Year 7 Camp Coolendel
- Year 10 Exams
- Year 12 Formal

**Friday 07/11/2014**
- 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
- Year 10 Exams
- Year 7 Camp Coolendel
- Gumbari Bushcare/Park Regeneration group Mr Ryan
- University of Wollongong Unique Experience Day/UOW Shoalhaven/Ms Pastor
- NSWTA Year 7/8 State Final/St Marys Mr Lynch

**Monday 10/11/2014**
- Years 7/9 EXAMS
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- SRC Coastlife Adventures Wallagoot Mrs McIntyre

**Tuesday 11/11/2014**
- Yr 7/9 Exams
- 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
- SRC Coastlife Adventures Wallagoot Mrs McIntyre
- Huskisson RSL Sub Branch Remembrance Day Service Huskisson Mrs Copeland p 3-4

**Wednesday 12/11/2014**
- Yr 7/9 Exams
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- SRC Coastlife Adventures Wallagoot Mrs McIntyre
- Gumbari Booderoon Program – Chillax/Booderee National Park Mr Asbury pds 5-6

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**Your School Contacts**

- **S Glenday** Principal
- **P Hogan** Deputy Principal
- **Ganya Garindja, Gumbari & Support Units**
- **G Brady** Deputy Principal Stage 4
- **M Meehan** Head Teacher Teaching & Learning Stage 4 (Yrs 7 & 8)
- **F Bachmann** Deputy Principal Stage 5 (Yrs 9 & 10) (Rel)
- **P Taylor** Deputy Principal Stage 6 (Yrs 11 & 12)
- **F Loupos** Head Teacher Teaching & Learning Stage 6
- **J Oxley** School Administration Manager
- **W Bruffey** Head Teacher Admin (Rel)
- **R Gilbert** Head Teacher English
- **G Smith** Head Teacher Mathematics
- **L Swierenga** Head Teacher Science (Rel)
- **L Ryder** Head Teacher CAPA
- **S Corbett** Head Teacher HSIE
- **J Wright** Head Teacher PDHPE (Rel)
- **A Newton** Head Teacher TAS
- **P Raftery** Sports Co-ordinator
- **S Clark** Head Teacher Support
- **K Lane** Head Teacher Ganya Garindja Unit

**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:**

_7th October - 19th December_

**Parents and students are requested not to use the staff car park**

This is dangerous and causes congestion.
Vincentia High School invites you to ‘Enlighten Education’
Date: Monday the 3rd of November 2014
Time: 6:45 for a 6pm start - 7pm
Venue: Vincentia High School, School Hall  “No Cost”

Join Danielle Miller, one of Australia’s foremost educators, authors and media commentators on teenagers, for a presentation on the issues affecting young women today. This seminar exposes the pain of teen girl world; the body image crisis, low self-esteem and constant bombardment with toxic and hypersexual media and marketing portrayals of women.

Danielle reveals the reasons why so many teen girls today are stressed, overwhelmed, exhausted and angry; and why too many are binge drinking, self-harming or going on extreme diets. Most importantly, she draws upon her years of experience as an educator and student welfare advocate to give you the tools to help your daughter cut through the negativity and bloom into a happy, confident teen girl.

The 1-hour talk is inspiring, humorous and empowering to you as a parent or support person for young women.

For more details please contact Mardi Morris at mardi.morris@det.nsw.edu.au or Gabrielle Keogh at gabrielle.keogh@det.nsw.edu.au.

Contact Mardi or Gabrielle at Vincentia High School on: 44415700

Imagine Believe Achieve

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.

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)
Traineeship Opportunity - Certificate II in Business

Sanokil is looking for new enthusiastic young team members to undertake full time traineeship (12 months). You will be based at our office in Bomaderry. The successful candidate will be involved with all aspects of the company with a strong focus on customer service and sales support.

This role will lead to many exciting career opportunities and future employment within our growing business.

If you have a genuine interest in working in business and becoming part of our team email your resume and cover letter to hr@sanokil.com.au.

Girls and Youth League Football Trials

Southern Branch Football Club is holding trials for girls and boys for its 2015 competition teams.

Under 13 girls are trialling on Sunday 2 November 1pm, Tuesday 4 November 6pm and Sunday 9 November 1pm.

Boys are trialling on Sunday 16 November U12s at 9am & U13s at 10.30am; Tuesday 18 November U12s & U13s at 6pm; and Sunday 23 November U12s & U13s 2pm.

All trials are being held at South Nowra Football Fields.

To register complete the online forms at www.southernm... Further details can be obtained from Phil McColl, Southern Branch Manager on 0418 255 209.
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 18 yrs 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 ________________________________
Crossroads Rural Fire Brigade Notice

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.
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