The sun was shining and the temperature was perfect. Mrs Morris and her Year 7 students were excited that camp was finally about to happen. The buses arrived, roll call was completed and we were off.

As we left the school grounds we all noticed a storm coming across the bay, but we decided not to look!

Coolendel greeted us with dry camp grounds, birds singing and lizards looking for fresh food. We unloaded the bus and set up camp before lunch was served. Within an hour, sure enough the rain Gods had arrived. Lightning, rain and HAIL! We all bunkered down and let the storm pass; this camp was going ahead rain, hail or shine!

The storm didn’t last long and we soon settled into enjoying the camp, making memories, new friendships and having lots of fun. New experiences were shared; canoeing, bushwalking, boot camp, free time and some fun night games which added lots of laughs.

We all enjoyed an array of home cooked meals ranging from; hot roast beef, spaghetti bolognaise, salad sandwiches, fresh fruit and salads with cheese cake for dessert and delicious cakes for morning tea.

All Year 7 students would like to thank the teachers who joined them and helped make this amazing camp happen, Mr Foz, Mr Brown, Mr Warner, Mrs Choat, Mrs Boyce, Mrs Brooks, Mr Ryan, Mr Hogan & Mrs Bagwarna.

We would also like to send a huge thank you to Mrs Morris for her patience and determination to conquer year 7 camp. We had an amazing time, thank you.
Fun at Coolen德尔
Residents from the Illawarra Retirement Trust (IRT), St Georges Basin were invited, by the students from our Support Unit, to experience what school is like today. These residents have been working with the students throughout the year on a program titled ‘My Story Matters’ run by Vincentia High School and IRT.

The students spend time each week to learn about the seniors’ life stories and then record them in written journals as well as an electronic presentation with photos and music to re-tell their story.

On Monday 17 November the residents joined the students for morning tea and attended an interactive English lesson using the Smart Board. Student Chris Lowles demonstrated the use of Google Earth and took the residents on a journey from Vincentia High School to their retirement village and also back to some of the homes where they once lived. The residents were amazed at how much has changed in the classroom compared to when they went to school. The students took their guests on a tour of the school grounds after the classroom lesson.

The program has been running for four years, bringing together two groups of people aged between 14 and 100 who have formed a strong bond and an understanding of each other’s life. The students gain the opportunity to develop their communication skills and gain an understanding of another era, whilst the seniors get the enjoyment from sharing their wisdom and feeling a stronger sense of community and belonging.

This program is supported by Essential Employment and Training and Shoalhaven City Council through Youth Development funding and by The Smith Family Partnership Broker program.
Showcase
Thursday
November 27, 2014
6pm
Vincentia High School Hall

Tickets on sale at the school office $5 each!
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.

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**P&C Meeting and “Christmas Gathering”**

**Thursday 4th December 2014 at 6.00pm**

**Location:** The Waterhouse Jervis Bay

13 Currambene St

Huskisson

**Cost:** Approx $20 to $30 per head

**Time:** 6pm
**What’s happening at VHS**

**Thursday 20/11/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- Sailing on Jervis Bay with Sailability NSW/Callala Bay Sailing Club Mrs Clark pds 1-4
- Year 8 Camp at Camp Wombbaroo Bowra Mr Swierenga
- Year 10 Survivor Walk around Jervis Bay Mr Von, Ms Pastor
- Yr 9 War Memorial & Questacon Canberra all day Mr Fairs

**Friday 21/11/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- Gumbari Reward Excursions/Various Location Mrs Scott pds 3-6
- Gumbari Bushcare/Parkcare Regeneration Group Mr Ryan pds 4-6
- Year 8 Camp at Camp Wombbaroo Bowra Mr Swierenga
- Year 10 Survivor Walk around Jervis Bay Mr Von, Ms Pastor
- Scripture Concert for Yrs 9-10 in Hall Mr Fellows pd 3

**Monday 24/11/2014**
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- Field Trip Engineering Studies Illawarra Fly Mr Kalkman all day

**Tuesday 25/11/2014**
- APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6
- Koori Radio Station and Basin FM G. Brown 5-6
- Yr 6 to 7 Parent/Student/Teacher meeting day. Book Pack and Uniform Day

**Wednesday 26/11/2014**
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Booderee Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- Gumbari Preschool Garden Project/The Basin Preschool J. Bedson pds 5-6

**Thursday 27/11/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- Sailing on Jervis Bay with Sailability NSW/Callala Bay Sailing Club Mrs Clark pds 1-4

**Friday 28/11/2014**
- Gumbari School @ the Farm Streamside Drive Woollamia, Campbells Road Gerringong Mrs Scott pds 1-4
- Gumbari Reward Excursions/Various Location Mrs Scott pds 3-6
- Gumbari Bushcare/Parkcare Regeneration Group Mr Ryan pds 4-6

**Monday 01/12/2014**
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6
- Yr 11 Hospitality Work Placement

**Tuesday 02/12/2014**
- Yr 11 Hospitality Work Placement
- APOLA Ocean Safety Surfer Award Collingwood Beach/Bay & Basin Leisure Centre Mr Mason pds 5-6
- Koori Radio Station and Basin FM G. Brown 5-6
- Presentation Assembly 10.30am

**Wednesday 03/12/2014**
- Yr 11 Hospitality Work Placement
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Booderee Program – Chillax/Booderee National Park Mr Asbury pds 5-6
- Yr 6-7 Transition Day Visits
- Snorkelling for Marine & Aquaculture Jervis Bay Mrs McKenzie

**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
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

Boys Youth League Football Trials

Southern Branch Football Club is continuing its trials for boys/youth for 2015 competition teams. Trials are on Tuesday 18 November U12s to U15s at 6pm, and conclude on Sunday 23 November U12s to U15s at 2pm. All trials are being held at South Nowra Football Fields. Southern Branch provides an elite level of training and competition for footballers within the Southern Highlands, Tablelands, Shoalhaven, Eurobodalla and Far South Coast Football Association areas. To register for the trials complete the online forms at www.southernnswfootball.com.au
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
Bakers Delight is organising a drive for their Christmas Cake and Fruit Mince Tarts

Vincentia High School will make a $2.00 profit for every item purchased. You can purchase:

- Fruit Mince Tarts - $8.50 per box
- large Christmas Cakes - $15.00
- Christmas Tree shaped cake - $8.00
- ‘Cakes and Tart Combo’ includes a large cake and a box of fruit mince tarts - $20.00.

None of these products contain mixed peel

Bakers Delight will gift wrap them in cellophane and Christmas ribbon and deliver them to the school. Details will be in next weeks Newsletter. Orders and Payments due by 8 December 2014 orders & payments to be taken to Bakers Delight Vincentia.

The student who sells the most products will win $50.00.

Order form on next page
# Bakers Delight

**CHRISTMAS CAKES AND TARTS**

School/Organisation: ________________ School Phone Number: 02 4441 6766  
Students Name: ________________ Date of Delivery 17th December 2014

<table>
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<th>Name</th>
<th>Address</th>
<th>Phone</th>
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<th>FRUIT MINCE TARTS</th>
<th>Total $</th>
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Walk4BrainCancer Huskisson

Join us for the inaugural Walk4BrainCancer from Huskisson to Hyams Beach and back again on Sunday 23 November, as part of Cure Brain Cancer's national Walk4BrainCancer.

Samantha Egan is organising the walk in memory of her husband Shane, who died on the 6th of January 2011 at the age of 40 from the most deadly form of brain cancer - Glioblastoma Multiforme or GBM.

"Shane was diagnosed in 2006 after suffering bad headaches. An MRI revealed a frontal lobe primary brain tumour. Within the week he had a craniotomy and had the tumour removed. It was a horrific operation. He had radiation and chemo but late 2010 it returned and took over, even after radiation and oral chemo." - Samantha Egan, local walk organiser.

Get to your feet to raise awareness and funds for vital brain cancer research. Starting at the Huskisson Pub, Jervis Bay, we will walk to Hyams Beach and then return to Husky Pub.

Following the walk, enjoy lunch together and remember those who we are walking for and give hope to those waiting for a cure.

**Step 1:** Register at, [http://www.curebraincancer.org.au/events/97/walk4braincancer-huskisson](http://www.curebraincancer.org.au/events/97/walk4braincancer-huskisson), to join our local Walk4BrainCancer Huskisson team.

**Step 2:** After registering, click on 'Start Fundraising' in your confirmation email to set up your personal Walk4BrainCancer Huskisson fundraising page. Then, if you are walking as part of a team, set up a team fundraising page and invite others to register to walk and fundraise with you.

**Step 3** Invite people to sponsor you and watch the total we raise for Walk4BrainCancer nationally grow.

Wear a touch of purple, or, buy one of our Walk4BrainCancer t-shirts or bandanas.

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**Tickets**

<table>
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<tr>
<th>Ticket Type</th>
<th>Prices</th>
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<tr>
<td>Adult - 16 yrs +</td>
<td>$30</td>
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<tr>
<td>Child (Under 5 free)</td>
<td>$20</td>
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<tr>
<td>Family - 2 adults + 2 children</td>
<td>$90</td>
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**When:**
November 23, 2014
9:00AM to 11:00AM
Registrations Close: Nov 23, 2014 at 5:00PM
Starting Location: Huskisson Pub, Owen Street
Jervis Bay, NSW, 2540

For More Information, Contact: Samantha Egan (m) 0407 274 667 (e) sscin@bigpond.net.au
Budawang Special School

FAMILY FUN DAY, HUSKISSON

on

SATURDAY 6TH DEC. 2014

at the

Lady Denman Heritage Complex, Huskisson

MAIN ATTRACTIONS INCLUDE

• Super Prize Guessing Competitions
• Monster Chocolate Wheel - Major Prizes
• Remote Control Boats On The Pond
• Nail Driving Competition • Score A Goal Competition
• Santa Photos and personalized Christmas Baubles
• Market & Food Stalls • Pony Rides
  • Childrens Kids Zone Including
    Petting Zoo, Jumping Castle, Fairy Floss,
    Slushies, Face Painting & Balloons
• Dunking Machine -
  bring your swimmers, challenge your teacher!

ALL PROCEEDS GO TO BUILDING A SENSORY GARDEN
FOR BUDAWANG SPECIAL SCHOOL.
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.
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.

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.

Uniform Shop Volunteers Needed

The Uniform Shop is seeking a couple of volunteers to help out with

‘Year 7 Orientation Afternoon’ this year.

It will be on Tuesday November 25th from 3.30 to 5.30pm

If you can help phone Uniform Shop 4441 6766 or Kath on 0431 270 115

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 need your help!!!
The BBQ runs from 9am-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 Boyle before 31st October, 2014. Volunteers need to be 18 yrs of age or over.

We thank you for your support.

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.