Ben Staeker receives the Victor Chang Science Award

Year 11 student, Ben Staeker was nominated for the Victor Chang Science Award by teacher Mr Swierenga, for his outstanding excellence in Science. Ben came first in Preliminary Chemistry, Biology and Physics this year.

Ben attended an awards ceremony at Figtree High School last week where he was one of thirty high school students from across the state to receive this prestigious award. He has been invited to attend a day at the Victor Chang Cardiac Institute later in the year, where he will have the opportunity to gain valuable work experience with some of the top Scientists in the country.

Vincentia High School would like to congratulate Ben on his fabulous achievement and we wish him well with his future studies and career path.
Drumming Workshop for Boys

A group of boys from Year 9 have been attending Drumming Workshops on a weekly basis at the Bay and Basin Men’s Shed. The Burning Drums workshop is a part of the Harmonious Intergenerational Pathways Program run by Bay and Basin Community Resources and funded by Community Builders @ Bay and Basin Men’s Shed.

Student welfare worker Ali Taylor and Jonathon Donald, head facilitator of Burning Drums Shoalhaven said that the boys have enjoyed their drumming sessions and taken a lot from the workshops, which are designed to better create an inclusive world. The boys have been working on composing their own piece to perform at school in week 10. “The creation of music, rhythm and sound is essential to all human beings for our psychological, physiological, social, emotional development and wellbeing.”
Defence Family Afternoon Tea

Last Friday afternoon, Mr Steve Glenday and Mrs Jacqui Copeland hosted an afternoon tea for Defence students and their families at the Bushscape Café.

Vincentia High School guests enjoyed a lovely selection of finger food, prepared by Mr Mark Swanson, and a variety of beverages made by student Tabitha Hooper.

Vincentia High School Presentation Ceremony Invitation

You are invited to the Vincentia High School Award Presentation Ceremony on Tuesday 2 December, 2014 at 10.30am in the school hall.

The award recipients will be notified by the end of the week and a letter will be sent home.
School Book Packs

More packs have been ordered and will be available for purchase from 12 December, 2014.
Your can order one by contacting the school on 4441 6766 and asking for the school canteen.
Price is $35.
What's happening at VHS

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 Boodereoc Program – Chilax/Booderee National Park Mr Asbury pds 5-6
- Yr 6-7 Transition Day Visits
- Snorkelling for Marine & Aquaculture Jervis Bay Mrs McKenzie

Thursday 04/12/2014
- Yr 11 Hospitality Work Placement
- 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 05/12/2014
- 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
- Yr 11 Hospitality Work Placement

Monday 08/12/2014
- Yr 11 Hospitality Work Placement
- Support MC3 Work and Community Experience Fire Station The Wool Road L Johnson pds 3-6

Tuesday 09/12/2014
- 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
- Triathlon Bike Safety Awareness day. Swim Preparation Ms J. Warren all day

Wednesday 10/12/2014
- Yr 11 Hospitality Work Placement
- Gumbari Mens Shed Program Sanctuary Point pds 5-6 Mr Mason
- Gumbari Boodereoc Program – Chilax/Booderee National Park Mr Asbury pds 5-6
- Gumbari Honeymoon Bay Camp Mrs Scott 3 days
- Surf Camp 2014 various local surf location in the Shoalhaven Mr Warner 3 days
- Centre Point Tower Sydney Industry visit Ms Boyce all day

Your School Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>S Glenday</td>
<td>Principal</td>
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<tr>
<td>P Hogan</td>
<td>Deputy Principal</td>
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<tr>
<td>Ganya Garindja, Gumbari &amp; Support Units</td>
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<tr>
<td>G Brady</td>
<td>Deputy Principal Stage 4</td>
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<tr>
<td>F Bachmann</td>
<td>Deputy Principal Stage 5</td>
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<tr>
<td>P Greyling</td>
<td>Head Teacher Teaching &amp; Learning Stage 5</td>
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<tr>
<td>P Taylor</td>
<td>Deputy Principal Stage 6</td>
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<tr>
<td>F Loupos</td>
<td>Head Teacher Teaching &amp; Learning Stage 6</td>
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<tr>
<td>J Oxley</td>
<td>School Administration Manager</td>
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<tr>
<td>W Bruffey</td>
<td>Head Teacher Admin (Rel)</td>
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<tr>
<td>R Gilbert</td>
<td>Head Teacher English</td>
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<tr>
<td>G Smith</td>
<td>Head Teacher Mathematics</td>
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<tr>
<td>L Swierenga</td>
<td>Head Teacher Science (Rel)</td>
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<tr>
<td>L Ryder</td>
<td>Head Teacher CAPA</td>
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<tr>
<td>S Corbett</td>
<td>Head Teacher HSIE</td>
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<tr>
<td>J Wright</td>
<td>Head Teacher PDHPE (Rel)</td>
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<tr>
<td>A Newton</td>
<td>Head Teacher TAS</td>
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<tr>
<td>P Raftery</td>
<td>Sports Co-ordinator</td>
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<tr>
<td>S Clark</td>
<td>Head Teacher Support</td>
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<tr>
<td>J Scott</td>
<td>Head Teacher Gumbari Unit</td>
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<tr>
<td>A Glenday</td>
<td>Head Teacher Wellbeing</td>
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<tr>
<td>K Lane</td>
<td>Head Teacher Ganya Garindja Unit</td>
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Leadership and Social Engagement Contacts

<table>
<thead>
<tr>
<th>Contact</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>
</tr>
<tr>
<td>J von Stieglitz</td>
<td>Year 10 Adviser</td>
</tr>
<tr>
<td>H Pastor</td>
<td>Year 11 Adviser</td>
</tr>
<tr>
<td>P Raftery</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.
EVER THOUGHT OF A CAREER IN REAL ESTATE?

Kick start your career while you’re at school. Australian School-based Apprenticeships and Traineeships combine schooling in Year 10, 11 or 12 with training and employment.

- A school-based apprenticeship or traineeship is not that different from a regular apprenticeship or traineeship. The difference is that you still attend school while continuing your apprenticeship or traineeship.
- As a school-based apprentice or trainee, you’ll have an employer who will employ and train you on the job plus you’ll do some formal off-job training with a training provider.
- Enrolling in a school-based apprenticeship or traineeship has a number of benefits including:
  - your training will contribute towards your SACE (or equivalent)
  - you’ll start your chosen career or trade while you’re at school
  - you’ll earn money while you learn
  - you’ll get experience in the trade or vocation of your choice.
  - your school-based training will convert to full-time or part-time work when you leave school.
- You’ll attend school part of the week, go to work on some days and attend a training provider on others.

**Current Year 10 students are eligible to apply**
See Miss Pastor in the Library for more information.

2015 GRANT APPLICATIONS OPEN NOW!

SHOALHAVEN EDUCATION FUND INC
OPEN: 21ST JULY 2014  .........
CLOSE: 31ST DECEMBER 2014

Leaving school in 2014? Needing financial assistance to attend Uni, TAFE or college, starting an apprenticeship or traineeship or starting your working life?

The Shoalhaven Education Fund may be able to make life a bit easier!
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, slanders and more for Aussie kids, enabling mobility, independence and self-esteem.

https://2014santafunnorschools.everydayhero.com/au/-ricecontra-high-school

Santa suits are available for purchase from the school for $10.

Fathers 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

Do you have a young child between the age of 8-8 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

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

Budawang Special School

FAMILY FUN DAY, HUSKISSION
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
• Children’s 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.
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.
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.

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.
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