Dear Parents/Caregivers & Students

Mathematics Report

It seems forever since my last maths report. The end of term is nearly upon us, year 12 have completed their mid course exams, and year 11 are about to undertake their first major maths assessment.

One of the main pieces of advice that I often give students when studying mathematics, is that all processes need practice, and that mastering mathematics requires as much practice as can be done. Understanding often comes through this effort for those who struggle with maths concepts.

To help with practice and understanding, I recommend that students look into these web sites. For the HSC, the Board of Studies has a ‘Test Yourself’ link where students can practise past multiple choice questions it is also very useful for examination preparation. The ‘mathsonline’ site is an excellent Australian produced site that has explanation videos and practice questions that students can log into. Parents can set up accounts for their children and be kept informed as to their progress. A quick search in Youtube will turn up many explanatory video clips to help students understand key concepts. I would mention the ‘Khan Academy’ as a worthwhile site, although American, it is full of videos and practice questions. Most of our new textbooks have a login code that students can access via their teacher, even though we no longer issue texts to go home.

I am very pleased to see that many students participating in serious preparation for each of our topic tests throughout the junior school. We have a very straightforward system that rewards those who prepare for tests with good marks, so keep up the good work.

Coming up soon will be entry for the Australian Maths Competition and students will need $6 to enter. All students in the top classes should enter, though entry is open to all applicants. All participants will be rewarded with a pizza and drink at a lunch time to be allocated. For our female students in years 10 – 12, our visit to UTS for the Women in Engineering and IT Hands-on Day will be in August. It is a fun filled day for finding creative solutions to problems, puzzling over why things are and the way they work, exploring and making images and finding out more about cleaner and smarter technologies, so ask your teachers about it.

Year 10 students will soon be selecting subjects for 2015. Maths in the senior years, though not compulsory, should be considered. I remember a number of students missing out on scholarships in previous years as maths was required in their subjects, so year 10 students need to think wisely and carefully when making their selections for year 11. The maths staff will happily give prudent advice on appropriate levels of study, particularly with two levels now available in General Maths.

Finally, it is disappointing to note that some students do not have an appropriate calculator. All students in maths classes should have a scientific calculator that will help them with statistics, trigonometry and fractions, as well as the other hundred or so other features that are built in. Without a calculator, a student is making their maths so much harder. Information can be found at school from the maths staff, you can purchase a calculator from the front office for $22, a Casio FX82AU Plus calculator.

Enjoy the rest of the term,

G Smith
Head Teacher Mathematics

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 Rafferty Year 11 Adviser
S Brunswick Year 12 Adviser

Term Dates:

Term 2 2014
28th April - 27th June 2014

Term 3 2014
14th July - 19th September 2014

Term 4 2014
17th October - 19th December

Parents and students are requested not to use the staff car park - this is dangerous and causes congestion.
**WHAT’S HAPPENING AT VHS**

**Thursday 27/03/2014**
- Sailing on Jervis Bay with Sailability NSW Callala Bay Sailing club

**Friday 28/03/2014**

**Tuesday 08/04/2014**
- SRC Leadership Day Berry Sport & Recreation Centre
- SLR Day Hike Pigeon House Mountain, Morton National Park
- Boat Snorkeling Marine & Aquaculture Jervis Bay
- AC Aspire Day Year 10

**Wednesday 09/04/2014**
- Years 7 & 9 Vaccinations
- Indigenous Rangers at Jamberoo Park

**Thursday 10/04/2014**
- Cross Country

**Friday 11/04/2014**
- Last Day Term 1

**Monday 28/04/2014**
- First Day Term 2 Staff Development Day School Staff only

**Tuesday 29/04/2014**
- Second Day Term 2 all students attend school

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**Vincentia High School has a facebook page**

Like us on facebook to receive regular updates and information

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**Yr 7 Camp has been Postponed**

Unfortunately, due to inclement weather conditions, the year 7 camp has had to be postponed until Term 4.

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**The 2014 NAPLAN tests 13th - 15th, May, 2014**

**TUESDAY 13 MAY**
- Language Conventions (Spelling, Punctuation and Grammar)
- Writing

**WEDNESDAY 14 MAY**
- Reading

**THURSDAY 15 MAY**
- Numeracy (Number, Algebra, function and pattern; Chance and data; Measurement and Space)

**FRIDAY 16 MAY**
- CATCH-UP individual students who were absent at the time of testing to complete missed tests

**NUMERACY TEST:**
- Measuring tools such as rulers or protractors are not required.
- For the calculator test, the student should use the calculator that they currently use at school.

**WRITING TASK:**
Common task for all students. The 2014 Writing test will require students to respond to either a persuasive or narrative writing prompt, however, the genre of the prompt will not be disclosed prior to the test period.
Mr Wright and the students from his year 10 Bike Business class put in a huge effort to support the annual ‘Ride to School’ day on Thursday 20\textsuperscript{th} March.

Over 100 students rode to school and were able to purchase egg and bacon rolls for breakfast. After serving the Barbeque breakfast the Bike Business class rode to Vincentia Public school to teach the students from years 3 to 6 about bike safety and held workshops to development skills in bike riding.

Vincentia High students were once again awesome role models during the workshop on skill based bike safety and demonstrations of how to adjust your helmet straps and doing brake checks.

Vincentia Public School Principal, Mr Field said that 80 students rode to school and enjoyed the fabulous activities run by the Vincentia High Bike Business students.
National Bullying Awareness Day

National Bullying Awareness Day was held on Friday 21st March. To address the issue of bullying, in particular Cyber Bullying, Vincentia High school have planned a series of workshops throughout the year for students from Year 7 to 12.

Year 7 will attend their sessions on Cyber Bullying throughout the year. This will presented by Police Community Liaison Officer Kerryn Mura, the students will be educated about the issues of Cyber Bullying and the effects it has on the community.

Year 8 & 9 students will attend a Free Cyber Bullying & Sexting presentation on Wednesday 9th April in the School Hall between 8.30am and 10am. Parents are also invited to attend. The Shoalhaven City Council along with the Federal Police is providing this informative and educational opportunity, as it is an identified need within our community. Melissa Sevil, Project Officer – Cyber Crime Prevention and High Tech Crime Operations with Australian Federal Police will present and educate parents and students on how to be smart and safe when using technology. Technology is an enormous and important element in young peoples lives these days, so the emphasis is on us to keep informed and up to date in this ever changing world.

Years 10 & 11. On Wednesday 19th March Year 11 students at Vincentia High attended a 2 hour interactive workshop that addressed the issues of bullying and Homophobia. Shoalhaven Suicide Prevention Network along with the theatre company Mind Blanks presented an entertaining and engaging workshop using role play to involve the students in a discussion about Homophobia and the effects of bullying. Students were able to give suggestions on how they would cope in a variety of scenarios. Year 10 will attend this same presentation later in the year.

On Monday 18th March 2014 Mrs Glenday accompanied nine Vincentia High students from years 9 to 12 to Ulladulla High to participate in a Bullying Awareness Movement BAM workshop to educate young people about Cyber safety and Bullying. The students started the day with a questions and answer forum with members of Headspace, the Police Citizens Youth Club and a parent of a girl that suicided because of bullying. Although this session was confronting for some, it sent a very powerful message. The afternoon session was a set of workshops using Drama, Drumming and Games to inspire the students’ creation of resources that build resilience, address the issues of Cyber Bullying and create awareness of the impacts it has on society. These resources will be used to educate other young people in the Shoalhaven to act against Bullying and learn Cyber safety. Vincentia High students would like to thank the Access Community Group from Nowra for organising this very valuable and informative workshop and providing the transport to Ulladulla High. Ongoing workshops about Bullying, Cyber Bullying and Sexting will be run throughout the year for all year groups.
Vincentia High School
Photos 2014

Date: Wednesday 7th May, 2014
(Term 2, Week 2)

The photo envelopes will be sent home with the student in the last week of this term.

The envelopes need to be filled out and the correct money placed inside and returned to the photo people on the day. No change will be given.

All students must be in full school uniform on the day
Head lice

The facts:

Head lice infestations are a common occurrence, particularly in schools.

- about 23% of students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person’s head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Treatment:

- daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)
- Many different treatments are available from any Pharmacy

Tips for parents in reducing the spread of head lice:

As infestations are particularly common in schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children’s hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

Vincentia High Music Department now have their own Facebook page!

If you are a music student or the parent of a music student, add https://www.facebook.com/VincentiaHighMusicDept on Facebook to keep up to date with classroom activities, performances and the general goings on of the VHS music community.

Parent information will be cross checked with school records before their friendship request is accepted.

MUSIC LESSONS @ VHS

Singing, piano and guitar lessons are now available at Vincentia High School each Thursday during sport and after school. Lily Parker (singing and piano) and Alfi Dallaway (guitar) are both qualified and experienced teachers from Australia’s Music Capital Melbourne.

Taking private lessons alongside general classroom music is especially advantageous. During private lessons students receive concentrated, one-on-one instruction on their chosen instrument/voice, which significantly enhances what they learn during general classroom music. Lessons include learning technical exercises to develop skills, learning ways to practise effectively at home, and also helping students to develop their performance skills and confidence.

Both Alfi and Lily encourage students to help select the music that they enjoy and to explore and find where their own interests are, whether that may be performing solo or in a group, song-writing, challenging themselves with music exams, or a combination of things.

Lily offers tuition in contemporary singing styles including pop, rock, jazz & blues and both contemporary and classical piano. Former Vincentia High student Alfi offers guitar tuition in all genres, but is a rock-n-roll'er at heart. Lesson fees are $25 for a 30 minute lesson. For more information email breathemusic@gmail.com or call 0401 103 695.
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:

**William Culbert Year 11**  
Amazing in legal studies works hard, asks questions and always tries his best.

**Luke Humphries & Jessica Johnston Year 10**  
Helping others achieve their personal best - both are selfless and mature students who assisted the teachers to make sure that everyone made it home safely.

**Shamus McGough Year 10**  
Shows maturity and perseverance in learning Mathematics. He constantly strives to do better and his commitment to mathematics is commendable.

**Royce Jenkinson Year 9**  
Trying his personal best.

**Bailey Davey Year 8**  
Honesty in handing in yet another mobile phone. Bailey’s level of community spirit is high which is reflected in his helpful attitude within the VHS environment.

These values can be shown in many ways within the school community. It is these actions of our students, 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!**
You’re Invited…!!!

Vincentia High School, Parent & Citizen Association and Bay & Basin Community Resources are proud to present a series of Parent Workshops designed to Engage, Enthral and Enlighten the life and times of teenagers, adolescent psychology and the trials of moving through high school to life and beyond…

We will be meeting in the VHS Library at 6pm for a 6.15pm start and finishing at approximately 7.30pm. Interested parents and carers are invited to stay for the P&C Meeting where you can have your say and become more involved with our school community. Join us for light refreshments and a stimulating time…

Meeting 2: 27 March    P&C AGM
Meeting 3: 22 May     How the Mind Works
Meeting 4: 26 June    Rites of Passage
Meeting 5: 24 July    Post School Options
Meeting 6: 28 August  Resiliency
Meeting 7: 30 October Life Skills, safe partying, drugs & drinking
Meeting 8: 27 November Christmas Party

For more information phone: 4441 6766
Mr Fotis Loupos or Mrs Alison Taylor
SURF’S UP FOR DISABLED SURFERS AT GERROA SUNDAY 6TH APRIL 2014

Sunday the 6th April 2014, will see the South Coast Branch of the Disabled Surfers Association running its 13th annual ‘Hands On Day’ at GERROA Beach with everyone checking in between 9 - 9.30am.

We meet at Emery Park first turn-off to the right over the Crooked River if travelling north.

Cost is free to everyone helping: carers, volunteer helpers and members with the cost being $10 for participants. The day includes a fully supervised surf experience followed by a BBQ lunch and prizes for great deeds. The surfing takes place in only waist-depth water and only on broken waves, usually riding tandem with a helper on the back of the board.

Wetsuits, rash-vests and flotation devices are provided on the day and everyone is assured of a great day.

Any word of mouth, emails or phone calls re Gerroa would be appreciated. For more information please contact secretary Ian Picton on 0421601222 or Jim Bradley on 0458759999 or check out the web on www.disabledsurfers.org
Proudly brought to you by Sanctuary Point Public School

2014 FREE EVENT

Community Support Services EXPO

Come along and find out about the wide range of support and community services in the Bay & Basin

Thursday 29 May 9:30-11:30 am
in the Sanctuary Point Public School hall
41 Ildewild Avenue, Sanctuary Point

This is a community event where Bay & Basin residents can find out about the variety of services available including children, teen and elderly services, Aboriginal, family, disability, mental health and wellbeing. Plus lots more!

GUEST SPEAKER
Local teen, Grace Kennedy will speak about her recent Sydney to Hobart adventure and the challenges associated with being a disabled yachtsperson.

Mark your diary so you don’t miss out on this great community event!
For further information contact Vicki on 4443 0546
JOIN THE CAN DO MOVEMENT

Sussex Inlet
SURF LIFE SAVING CLUB

INFORMATION EVENING

FIND OUT ABOUT
NIPPERS | PADDLE AND SWIM GROUP
BRONZE MEDALLION TRAINING

@ THE CLUBHOUSE, END OF PACIFICANA DR
FRIDAY 4TH APRIL - 6PM START WITH TOUR OF CLUB FACILITIES
BRING A PICNIC DINNER | COFFEE - TEA - SOFT DRINKS AVAILABLE

ALL WELCOME - BRING YOUR FAMILY - NEIGHBOURS - FRIENDS
FOR MORE INFO VISIT: WWW.SUSSEXINLETLSC.COM.AU | FACEBOOK | OR CALL: 0421 727 700