The ‘Every Girl’ Program

The Every Girl program, organised by Mrs Alison Taylor - Social Welfare Worker BBCR & Mrs Anne Glenday - Head Teacher Wellbeing/Learning and Support, was piloted at Vincentia High School last term with fifteen year 8 girls attending weekly workshops.

The girls attended 90 minute workshops, conducted by Melissa Bell and Fiona Lam from YWCA NSW, with great enthusiasm. The girls, who would not normally come together, worked really well as a team to explore community connectedness, human rights, personal voice and respectful relationships.

The aim of this program was to help the girls achieve positive change, enable the development of strong self-esteem, to grow in confidence and to decrease bullying and stereotypes. Using a strength - based approach and a human rights framework, this cutting edge program also guided the girls to create new areas of resilience and to help them find their voice through civic and community engagement. Their journey culminated in a participant-directed community event that highlighted the skills and learnings they acquired over the eight weeks.

The Community event chosen was the awareness campaign around the dangers of underage drinking. Our group of girls showed great leadership skills to deliver a speech and slide show “SAY NO” at our School assembly. They have come away from this program feeling more confident, having better friendships, ‘knowing they have rights and a voice in the community’. They now intend to participate in community meetings at council so that they can have their say about the things that affect youth in their area.

At the end of this program the girls attended a celebratory lunch at our school’s Bush Café. A result of this great program the girls were nominated for an Initiate & Innovate Group award at the Annual Local Bay & Basin Youth Awards Celebration and recognition event held at Sanctuary Point Youth and Community Centre last month. - THEY WON FIRST PRIZE!

Choosing to donate the $300 prize money to the Breast Cancer Foundation and Children’s Cancer Foundation was a credit to the girls and the success of this program.

These girls have made Vincentia High School, the organisers and tutors extremely proud:

Sarah Butler
Natasha Garcia
Latika Edwards
Janaya Horcicka
Catriona Ebzery
Molly McLennan
Mary Ellis
Andrea McLaughlan
Abby Collins
Taylor Rodwell
Chelcy Davidson
Tegan Edwards - Catt
Sophie Fuller
Hayley Murphy
Cheyanne Klein
**Other VHS winners at the Bay & Basin Local Community Youth Awards 2014**

The Bay and Basin Local Community Youth Awards, open to 12 – 21 year olds who reside in the Bay & Basin or Sussex Inlet region and aim to highlight the importance of young people and the positive contributions they make to their communities. This year Vincentia High School had 4 successful entrants as well as our team of girls listed above!

**Congratulations to the following:**

- **Grace Kennedy** – Inspiration / Leadership Award (sponsored by Ann Sudmalis MP)
- **Shannon O’Beirne** – Challenge & Change Community Award (sponsored by SCC)
- **Madison Baccinelli** – Caring Youth, Young Carer / Mentor Award (sponsored by BBCR)
- **Tim Watkins** – Unsung Hero / Quiet Achiever Award (sponsored by JB Lions Club)

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**BBCR Before I Die I want to ........... board project**

The ‘Before I Die..’ wall concept was created by Candy Chung after the loss of a loved one. She felt that most people often lose sight of what truly matters to them and wanted a daily reminder. So after receiving permission, she painted the side of an abandoned house in her neighbourhood. Anyone walking by could pick up a piece of chalk, reflect on their lives, and share their personal aspirations in public space.

By the next day, the wall was completely filled and it kept growing. People’s responses made her laugh out loud and tear up. They consoled her during her toughest times. She understood her neighbours in new and enlightening ways, and the wall reminded her that she’s not alone.

Since then she has received hundreds of messages from people wanting to make a wall with their community. She has created a website with resources and now thanks to passionate people around the world, over 425 Before I Die walls have been created in 30 languages and over 65 countries.

Bay and Basin Community Resources have created ‘Before I Die I want to.......’ boards as apart of a Harmonious Intergenerational project with funding by Community Builders, NSW Office of Family & Community Services.

The boards were prepped and painted by aged and disability groups at the BBCR Men Shed with stencils and photography by Vincentia High HSC students. The boards were filled with messages within half a day of being revealed. The boards will be on display at Sanctuary Point Youth & Community Centre this week (Neighbourhood Centre Week). The boards will then be an interactive installation piece at the See Change Arts in the Park Festival May 24th. A collection of photos of the boards and messages will then be posted onto the global ‘Before I die..' website.
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:

Courtney Horvatovic & Jasmine Frazer - Year 12
Helping Sanctuary Point residents make an artwork for the Sea Change Festival at Bay and Basin Community Centre. They have been asked to be part of another event because the group enjoyed their company. They represented our school and displayed values of kindness, cooperation, friendliness and creativity.

Amy Collison - Year 12
Helping with the bake sale.

Adrian Ghilezan - Year 8
Volunteered to clean desks and put up chairs at the end of the lesson. He was happy to help out after the end of school bell. He has consistently shown a fantastic attitude, great responsibility, compassion and maturity in his Indonesian lesson.

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!
What’s happening at VHS

Thursday 22/05/2014
- Yr 12 Taste of Transition to work Greenacres Nowra Mrs Clark all day
- Industry Visit Youth Advisory Committee Mrs McIntyre Shoalhaven Council pds 1 - 6
- Gumbari School @ the Farm Streamside Dr Woollamia, Campbells Rd Gerringong Berry pds 1 - 4 Mrs Scott
- Yr 10 StartSmart Rural & Regional Workshop at Vincentia High School Ms Polvory

Friday 23/05/2014
- Gumbari School @ the Farm Streamside Dr Woollamia, Campbells Rd Gerringong Berry pds 1 - 4 Mrs Scott
- Gumbari Reward Excursions various locations Mrs Scott pds 3 - 6
- Yr 10 StartSmart Rural & Regional Workshop at Vincentia High School Ms Polvory

Monday 26/05/2014
- Year 12 Taste of Transition to work Greenacres Nowra Mrs Clark all day
- After school dance company school performance space Ms J. Norman
- Yr 6 to 7 Vincentia High School Quiz day - local Primary Schools
- Yr11 Half Yearly Exams
- Big Day Out for PD/H/PE Wesley Conference Centre Sydney Mr Wright all day

Tuesday 27/05/2014
- APOLA Ocean Safety Surfer Award/Collingwood Beach Bay & Basin Leisure Centre Mr Mason pds 5 - 6
- Koori Radio Station, Bay & Basin FM Mrs G. Brown pds 5 & 6
- Yr 6 to 7 Vincentia High School Quiz day - local Primary Schools
- Yr11 Half Yearly Exams

Wednesday 28/05/2014
- Gumbari Mens Shed Program Sanctuary Point pds 5 & 6 Mr Mason
- Gumbari Booderee Program - Chillax Booderee National Park Mr Asbury pds 5 & 6
- Yr11 Half Yearly Exams
- Yr 6 to 7 Vincentia High School Quiz day - local Primary Schools
- Lion King capital Theatre Sydney all day Ms McIntyre

Thursday 29/05/2014
- Yr 12 Taste of Transition to work Greenacres Nowra Mrs Clark all day
- Gumbari School @ the Farm Streamside Dr Woollamia, Campbells Rd Gerringong Berry pds 1 - 4 Mrs Scott
- Yr 6 to 7 Vincentia High School Quiz day - local Primary Schools
- Yr11 Half Yearly Exams

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 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

SCHOOL BUS TRAVEL

Students travelling on a school bus to and from school are required to have a valid school bus pass for the school service they are catching. If a valid school pass cannot be shown a fare will be charged. In the event the school bus pass is lost, some form of student ID is to be shown whilst obtaining a replacement pass (fee applies). You can help make your child’s school journey more pleasant by ensuring your child has a valid school bus pass and presents it to the driver in the morning AND afternoon. Parents are reminded that the School Free Travel is only valid from home to school as per conditions on the back of the pass. Fares will be charged for all other journeys.

If you have any questions or your child requires a new pass please contact the appropriate company

Shoal Bus      Ph: 4423 2122
Nowra Coaches   Ph: 4423 5244
Kennedy’s Bus Service Ph: 4421 7596
Stuart’s Coaches Ph: 4421 0332
Improving Literacy & Numeracy National Partnership

Vincentia High School was joined in a National Partnership with the Federal Government in 2013 to improve our literacy teaching because we have significant numbers of children who experience socio-economic disadvantage. Our school NAPLAN and HSC results show that there is a gap between our results and overall state results. There is no suggestion that our students are less intelligent than the rest of the country and consequently we have been asked to investigate how we can change the way that we teach literacy in order to improve their results.

In 2013 we designed a program to improve literacy across Stage 4 (Years 7&8) that had members of the School Executive working in classrooms with teachers to identify the way to best teach writing skills. We set targets for this project of a 10% improvement in Year 7 results and a maintenance of Year 8 results at their baseline assessment (across the Nation students show a decline in results from Year 7 to Year 9).

We achieved our 2013 targets with some significant improvements in writing scores by Year 7 students especially. We are continuing this program into 2014 with some improvements. We now have specialist literacy teachers who work with teacher teams across Year 7 & 8 to identify the best strategies for teaching writing and comprehension. Lisa Raftery and Maryann Meehan, very experienced literacy teachers, have been working with Year 7 & 8 since the start of the year and we have recently lured Jerry Brown, A Year 6 teacher, across from Sanctuary Point Public School to share his expertise in teaching literacy.

Our first priority this Term will be assessing students’ independent writing in Science, English and HSIE. Students in Years 7, 8 & 9 will be assessed to give us a half yearly snap shot of students’ skills. From this we will be able to identify, class by class and student by student, what skills are needed to improve writing.

The NAPLAN assessments were completed last Friday. NAPLAN can be a worrying time for students so congratulations to Year 7 & 9 students on the way they applied themselves throughout the tasks. The tests were conducted in classrooms for the first time and this provided a much more settled environment for the students. They were able to concentrate for longer and write more. It will be very interesting to see the results as these will tell us more about the success of our literacy strategy.

Homework is a topic that often comes up in discussions with parents. Do we have a homework program in Stage 4?

The homework asked of students will vary between teachers but the general rule in Stage 4 is that assignments, usually given as homework, are done in class-time. This enables teachers to offer more support to students in completing the tasks and assists them to complete the tasks successfully. A recent review of homework by the Queensland Department of Education “Homework for the 21st Century” (2007) found that there was little evidence of improvement in students’ results as a result of homework up the end of Stage 4.

The completion of the assignments in class offers students the greatest level of support to learn how to complete school tasks. In addition we have the LASER room, operated by the Learning and Support Team, which gives more individualized support to students to complete these tasks in school time. The aim in Stage 4 is to build up student skill in completing difficult school assignments successfully. We suggest that, instead of homework, students in Stage 4 be encouraged to read for 30 minutes a day. This can lead to an improvement in their reading ability, strengthen their comprehension skills broaden their knowledge base.

When students enter Stage 5 (Years 9 & 10) they will encounter more homework as they are pushed more toward being independent learners. The tasks that they have been guided through previously they will now have to complete individually but the assistance they have been provided in Stage 4 should set them up for success.

The effect of homework on achievement increases with age and is vital to success in the senior school, working toward the HSC. Students in Years 9 & 10 should be doing 30 – 45 minutes per day while Year 11 & 12 should try for about 1 – 3 hours per day and up to 6 hours per weekend during the school term

Regards
Gary Brady
Deputy Principal Stage 4
REPORTING & REPORTS

Just a quick update from the Reporting Team
Different stages/years have different reporting requirements and dates.

Stage 6
Year 12
Receive their reports mid-course.
Their HSC year starts term 4 and goes through to the end of the following term 3, therefore their reports are due to be distributed within the first half of term 2.

Year 11
They receive their reports mid-course.
There are only 3 terms in the year 11 course, therefore they write exams and complete assessments mid-term 2 and their reports are distributed end of term 2

Stage 4 & Stage 5 (Years 7-10)
At VHS we report in a mid-year and an end of year format. This means you will receive a mid-point assessment of your student and then a cumulative end of year assessment, therefore students will complete exams and assessments towards the end of term 2 and term 4.

Reports are written (normally during the break) and will be distributed in week 2 of term 3 and week 10 of term 4.

Some faculties have semester reports. This is generally where the subject matter taught changes from Semester 1 to Semester 2, for example the HSIE faculty will teach History in one semester and Geography in the other. These reports are stand-alone from each other.

If you have any queries or concerns do not hesitate to call me.

Kind regards,
Petra Greyling
Head Teacher Stage 5

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**Head lice**

**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.
Community News

Sussex Inlet Dental Surgery

At the start of the year you may have received a letter from the Australian Government Department of Health letting you know that your children were eligible for dental benefit under the Child Dental Benefits Schedule. This scheme provides up to $1000 in benefits for basic dental treatment, capped over two consecutive calendar year.

We are pleased to be letting parents/carers know we will be bulk billing the Child benefits Dental Scheme to Medicare directly, which includes dental examinations, cleans, fluorides, filling fissure seals, extractions, x-rays and root canal treatments. We also use Happy Gas to make their dental experience the easiest ever, if needed. So feel free to give us a ring on 4441 2504 or drop in to the Surgery to make an appointment with Dr Penny or Dr Ron Maharaj.

Vincentia High Music Department

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 friendship requests are accepted.

The Australian Physie and Dance Association is now taking registrations for Term 2.

All ages and abilities are encouraged to come and try a free class and experience this fantastic and inexpensive, nationwide dance sport. Your registration includes a free dvd and cd with all the dances for you to practice at home. Performance opportunities include teams, individual competition, nationals, Sydney Opera House, eisteddfods and more. Classes operating in Nowra, Culburra and Vincentia. For more information please email shoalhavenphysiedanceschool@hotmail.com or phone 0410 605 249.

TIMETABLE AT VINCENTIA PUBLIC SCHOOL

Tuesday, 3.30pm - 4.00pm Preschoolers
4pm - 5pm 5/8 Years
5pm-6pm 9/12 Years
6pm-7pm Teens
7pm-8pm Ladies/Mum
YOU ARE INVITED
TO THE OFFICIAL LAUNCH OF . . . . .

BURNING Drums
Learning and Therapy through Music

Please join us for the launch of Burning Drums Learning and Therapy through music, for an afternoon of demonstrations, information, and food. And join in for a play. Your host is the creator and head facilitator of Burning drums Jonathan Donald.

Burning drums music provides group and individual sessions, programs, consultancy, assessment and evaluation of individual client needs.

Burning Drums percussion and Music therapy aims to assist participants with their psychological, emotional, physical, spiritual benefits, but mainly having fun and creating music.

Date: Saturday, 7th June 2014
Time: 12:00pm-1:30pm
Venue: The Men’s shed, 18 Sanctuary Point Road, Sanctuary Point.
Cost: Free
RSVP: Jonathan Donald on Mobile 0467048114 or email at: burningdrums@hotmail.com.au
Who can attend? Open to all!!!!!!!!!!

Information will be available on the day but in the mean time check out our website @ http://www.burningdrums.com.au/
Coming Home
SEE CHANGE-2014

Huskisson Community Centre, Dent St; Huskisson, from 4.30pm-7.30pm

Celebrate the talent and achievements of young locals who grew up and were educated in the Shoalhaven. Artists, writers, musicians.

$5 tickets from Boobook on Owen or at the door.

Refreshments/Supper for sale at the venue.

Five speakers in each timeslot will present their stories to a wide audience with Q&A opportunities.

Check the website for further details: www.seechangefestival.org

Saturday, 24th MAY, 2014
How essential can help you

Are you thinking of leaving school & need help finding a job?

At Essential Employment & Training we offer employment services, transition to work (2 year employability skills program) & individual funding activities (subject to eligibility).

Contact our friendly & professional staff today.

Freecall: 1800 243 513
Phone: (02) 4227 3111
Email: info@eetgroup.com
Web: www.eetgroup.com.au

You can make a difference

Become a Caresouth foster carer

Foster care can be a very rewarding journey for individuals, couples, or families. By providing a stable, caring home environment you can make a positive difference in a child’s life.

Caresouth provides exceptional support, training, caseworker visits, 24/7 on call support, and a tax free allowance.

We look after you so you can look after the people that need it most.

For more information, contact our friendly foster care team on 1300 594 260, or check out our website www.everydaycaresouth.org.au

Everyday Caresouth
"THE RIDE TO CONQUER CANCER"
Come and support the ROLLING DRONES raise funds for Cancer

Teams of 6 - 8

TRIVIA NIGHT

Raffles with Stacks of GREAT Prizes Nibbles

When:
Saturday 28th June 2014
7 – 10.30 pm

Where:
Club Jervis Bay
Owen Street
Huskisson

Entry Fee:
$10 per person

For bookings phone Melinda 0429222633 or Peta on 0423579590
K - 12 Tutoring

Kindergarten – Year 6 subjects
Early stage 1 through to Stage 3 (ALL KLAS): English, Mathematics, Science and Technology, Human Society and its Environment (HSIE), Creative Arts and Personal Development, Health and Physical Education (PDHPE).

Years 7 – 12 High School subjects

Extremely competitive rate: $40 for a single hour lesson per week or $38 per lesson if paid for one school term in advance.
Will focus on specific choice of subjects or all.
All ages welcome and I will come to you!
I am a Postgraduate (4th year) University student studying a Graduate Diploma of Education – Primary. I have also had almost 4 years of experience in the field of Junior and High School tutoring. My previous students have all received outstanding results!
Get in quick before all places have been reserved for 2014!

Looking forward to hearing back from new students and current students, and an exciting year with all of my students!

Phone: Zac on 0423770996 (text or call)
SPEECH PATHOLOGY and OCCUPATIONAL THERAPY APPOINTMENTS

SPOT4KIDS will be conducting Speech Pathology and Occupational Therapy appointments at Cullunghutti Aboriginal Child and Family Centre in Holloway Road, East Nowra each Tuesday and Friday.

The Speech Pathologist is Lisa Hulyk. The Occupational Therapist is Jessica Kylkonen.

Referrals:
While SPOT4KIDS is a private practice there are a number of funding options available for eligible children. Please note that SPOT4KIDS are providers for all of the funding options listed below. Please use this outline of the funding options as a guide only as funding items are subject to change.

1. Enhanced Primary Care Plan (EPC) – (also known as GP Management Plans)
   Entitles the client to 5 Medicare rebated allied health sessions (Speech Pathology, Occupational Therapy, Psychology etc) per calendar year. There are two main criteria as follows:
   (a) The symptoms or diagnosis must have been present for six months or is expected to be present for six months (i.e. is a chronic diagnosis).
   (a) The child has the need for two allied health professionals (Occupational Therapy, Speech Therapy, Physiotherapy, Psychology, Optometry etc).

   The EPC can only be completed by the child’s General Practitioner (GP) [not even the paediatrician] and provision of an EPC is at the GP’s discretion, based on eligibility criteria.

2. Helping Children with Autism Package (HCWA)
   (b) Children 0-6 (not yet at school), with autism or autistic spectrum disorders, are eligible for up to $12,000 of funding from the Department of Social Services (DSS) to increase access to early intervention. They are allowed to spend $6,000 maximum in any one financial year, and up to $2,000 of that may be spent on recommended equipment.
   (c) As of 1 July 2008, all children 0-15yrs with autism or who are on the autistic spectrum (ASD) are entitled to 4 Medicare subsidised allied health assessments and 20 intervention (therapy) sessions for allied health (Occupational Therapy, Speech Pathology and/or Psychology). Children with less prevalent pervasive developmental disorders such as Rett’s Disorder, Asperger’s Syndrome and Disintegrative Disorder are also eligible.

   The process to gain access to this funding is as follows:
   The child (parent) needs to get a referral from the GP to the paediatrician or psychiatrist who made the diagnosis, who can then refer to the allied health professional such as us. There is no specific referral form for this - a letter with the paediatrician’s or psychiatrist’s letterhead only is required. It is our understanding that the paediatrician/psychiatrist appointment is also subsidised. The paediatrician or psychiatrist is responsible for the development of these care plans. If you already have a referral to a paediatrician/psychiatrist for the purpose of autism diagnosis and it is current within the last 12 months, then you may not have to go back to the GP, however, this is at the discretion of the paediatrician/psychiatrist.

3. Care Plans for people of Aboriginal and Torres Strait Islander Descent
As of 1 November 2008, a new initiative to assist people of Aboriginal and Torres Strait Islander decent was introduced. This initiative entitles eligible clients to 5 Medicare rebated allied health sessions (e.g. Speech Pathology, Occupational Therapy) per calendar year, in addition to an EPC (number 1 above).