2016 Year 7 Transition Program

For the first 2 days of school this year, some Year 7 classes participated in 'Mind your Brain', a workshop on how the brain works. The presentation included facts on how to care for your brain, the importance of a good night’s sleep and how to embed memory to make learning easier and more explicit. The students also had the opportunity to dissect a sheep brain and locate the different sections of brain that relate to memory, sleep and learning. It was easy to see how we can all ‘TRAIN OUR BRAIN TO LEARN’.

On the second day the students attended workshops facilitated by the University of Wollongong, Shoalhaven Campus. The workshops included team building, science, technology, drama and physics in order to capitalise on their critical and creative thinking to prepare the students for high school.
A Taste of University for Shakeela & Dana!

Year 12 students Shakeela Williams and Dana Cutmore-Farina attended Sydney University during the summer holidays to experience a taste of university. The high school program, which runs for a week, is part of the university's long-term strategy of outreach and financial assistance to encourage more indigenous young people to take up study, particularly in STEM degrees. Shakeela and Dana were able to experience the life of a uni student staying at the Wesley College for the week.

Dana was in the Medical Practice class and hopes to study Pharmacy at uni once she finishes school, and go on to do medicine as a post graduate student and become a surgeon. Shakeela did the Allied Health class and hopes to study Speech Pathology or Occupational Therapy when she finishes school.

The program was organised by Sydney Compass, Wingara Mura Bunga Barrabagu and was attended by 226 indigenous high school students from around the nation.

The students were given a taste of university life, with demonstrations across a variety of subject areas including a pharmacy lab where they were invited to make hand cream. Shakeela and Dana said they enjoyed the week immensely and it has motivated them even more to do the very best they can this year with their HSC studies.

All Schools Triathlon at Penrith

The All Schools Triathlon at Penrith is on in Week 6, Wednesday 2 March and Thursday 3 March and online entries close 24 February. Notes will come home this week. Please see Ms Boyce if you are interested in entering as an individual and also to finalise your teams.
Foster kids need more people like you!

Call 1300 130 585!

Great kids come from good families. Please help.

Becoming a foster carer may seem like a big step until you see it from a child’s perspective. There are so many kids in need. We urgently need foster carers now.

Call 1300 130 585.

WILLIAM CAMPBELL FOUNDATION

Giving children hope and a future.

www.wcfoundation.org.au
Student and Parent Portal

In 2016 we would like to have more parents using the school’s Student and Parent Portal which provides both parents and students discreet information about each student’s progress in our school. In particular you can use this portal to access:

- Student attendance
- Report cards
- Wellbeing notifications
- Student work and assignment notifications
- Student notices and calendar

To access the portal, please log on to the internet and register for access on the following url:

http://web2.vincentia-h.schools.nsw.edu.au/portal/register

You must use a valid email address to create your username.

Once successfully registered you will be prompted to enter your username (email address) and the password you created.

To see information from the school and to link to your enrolled children, you will need an enrolment key. These keys have been sent out previously. If you don’t have access to your key please contact Mark Sanders by email on mark.sanders4@det.nsw.edu.au or Paul Taylor on paul.e.taylor@det.nsw.edu.au and an access key will be emailed back to you.

Once you have registered your access key, the school administrator will accept you as a user and you can have continued access to the portal on:

http://web2.vincentia-h.schools.nsw.edu.au/portal

We at VHS are confident that you will see the benefits of your registration immediately and be part of our journey in providing this facility to you.

Student Attendance

Currently, our school informs parents of student attendance via letter every 2 weeks. In 2016 we will be using email notifications so parents can be informed more efficiently, timely and effectively. In order for this to run smoothly and be successful, it is important that we have accurate email details for all parents and caregivers.

To enable us to update our records, please complete the attached student details sheet and return to the school with your child in 2016. The only parts you need to complete are the student name, year group and your email address. If anything else has changed since you child’s enrolment, please change it also.
What’s happening at Vincentia High School

Thursday 04/02/2016

Swimming Carnival at Nowra Olympic Pool all Years all day Mr Raftery

Friday 05/02/2016

Monday 08/02/2016

University Wollongong Discovery Day Wollongong Year 12 all day

Tuesday 09/02/2016

Year 7 Parent/Teacher Night

Friday 12/02/2016

Jamberoo Year 8 all day Mr Ryan

Monday 15/02/2016

Year 7 Camp Coolendel Mr Mason and Ms Norman
Year 6 into 7 evening 5.30 - 7.00pm

Tuesday 16/02/2016

Year 7 Camp Coolendel Mr Mason and Ms Norman

Wednesday 17/02/2016

Year 7 Camp Coolendel Mr Mason and Ms Norman

Your School Contacts

S Glenday  Principal
P Hogan  Deputy Principal Stage 6 (Yrs 11 & 12)
M Meehan  Head Teacher Teaching & Learning Literacy/ Numeracy
R Gilbert  Deputy Principal Stage 4 (Yrs 7 & 8) (Rel)
P Greyling  Head Teacher WellBeing
P Taylor  Deputy Principal Stage 5 (Yrs 9 & 10)
H Pastor  Head Teacher Teaching & Learning 21st Century
J Oxley  School Administration Manager
M. Swanson  Head Teacher Admin (Rel)
J. Still  Head Teacher Admin (Rel)
G Keogh  Head Teacher English (Rel)
B. Sauvao  Head Teacher Sport
G Smith  Head Teacher Mathematics
T. Borg  Head Teacher Science
L Ryder  Head Teacher CAPA
J von Stieglitz  Head Teacher HSIE (Rel)
A Newton  Head Teacher TAS
P Raftery  Head Teacher PDHPE
S Clark  Head Teacher Support
J Scott  Head Teacher Gumbari Unit
A Glenday  Head Teacher Learning & Support
K Lane  Head Teacher Ganya Garindja Unit
K Walker  School Counsellor

Leadership and Social Engagement Contacts

T. Mason & J. Norman  Year 7 Adviser
C Ryan & L Brooks  Year 8 Advisers
M Morris  Year 9 Adviser
G Keogh & L Swieringa  Year 10 Advisers
J Powter  Year 11 Adviser
J von Stieglitz & H Pastor  Year 12 Advisers
Welcome to the Shoalhaven!

Defence Community Organisation is hosting a family day and expo to welcome Defence families to the Shoalhaven.

Come along and see what the Shoalhaven offers you and your family. Lots of local stallholders and FREE activities for children of all ages including jumping castles, large inflatable slide, aqua skirmish, petting zoo, Navy Band, Federation Guard Precision Drill Team, parachute display, static aircraft displays and prizes to be won!!! Great food stalls will provide a range of delicious eats. Guaranteed to be a great family day!! Bring along your picnic blanket!

WHERE: The Fleet Air Arm Museum  
WHEN: 11am to 2pm Saturday 20 February 2016  
MORE INFO www.defence.gov.au/dco  
LIKE Defence Community Organisation on Facebook to receive updates
2016 Netball Season Registrations are now **OPEN** with all clubs in our association.

Let's Play Netball!!

Contact your nearest club to register you and your child

- 5yr - 7yr
- 8yr - 10yr
- Juniors 11yr - 17yr
- Seniors 18yr and over

**CLUBS**

- SAINTS - saintsnc.nsw.netball.com.au
- REBELS - rebelsnc.nsw.netball.com.au
- NORTH NOWRA BOMADERRY - nbnc.nsw.netball.com.au
- LYREBIRD - lyrebirdnc.nsw.netball.com.au
- JERVIS BAY - jervisbaync.nsw.netball.com.au
- GEMS - gems.nsw.netball.com.au
- ALBATROSS - albatrossnc.nsw.netball.com.au

**JERVIS BAY NETBALL CLUB**

**Registration Day**
Saturday 6th February 2016
At Vincentia Public School
9.00am – 12pm

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<th>Age Group</th>
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<td>8yr – 10yrs</td>
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<td>Juniors 11yr – 17yrs</td>
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<td>Seniors 18yrs &amp; over</td>
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<td>2nd Registrations</td>
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**ONLINE REGISTRATIONS CAN BE MADE ANYTIME BEFORE THIS DATE**

More details available jervisbaync.nsw.netball.com.au
For more details contact Vicky 0439 896 134
Or Sue 44418548 or 0402007381
Could the following please be included in your School newsletter.

The Bay and Basin Bombers are a family friendly club with a focus on participation and support. We are now starting registrations for our winter AFL competition. We are competing in Under 12’s, 14.5’s and a new and exciting expanded 17’s. We have space for new players in all teams and welcome boys, girls and players of all abilities. Competition will commence in early April with most games on Sunday mornings.

Registrations ($70 per player) for all teams will be held on Thursday, 11th February, Thursday 18th February and Thursday 25th February at Bay and Basin Leisure Centre Oval from 4.30-5.30pm.

As well our Auskick program for ages 5 -10 years will commence in Term 2 on Thursday afternoons 4.30-5.30 to match junior training times.

For more info contact, Chris Stubbs on 0403047659 or refer to Bombers website www.bombers.net.au or like us on the Bay and Basin Bombers Junior AFL Facebook page.

Thank you, Chris Stubbs
President
Bay and Basin Bomber AFL

Community News

NSW Roads and Maritime Services Safer Drivers Course now available in Bomaderry/Nowra and are held at Bomaderry Bowling Club.

The Safer Driver Course aims to provide learner drivers with driving strategies such as speed management, gap selection, hazard awareness and safe following distances so students are more prepared when they drive unsupervised on their provisional licences. The course also aims to help learners identify situations that will put them at greater risk of a crash and consider strategies that will help avoid them.

Participants must have 50 actual hours logged in their log books to be eligible for the course.

On completion of both modules of the course a learner driver will receive a 20 hour credit in their learner driver log book.

The cost of the Course is $140 including GST

Places are available on
Bomaderry/Nowra 11th February
Bomaderry/Nowra 20th February
Bomaderry/Nowra 3rd March
Bomaderry/Nowra 12th March
Bomaderry/Nowra 2nd April
Bomaderry/Nowra 7th April
Bomaderry/Nowra 16th April

For more dates and a complete overview of the course together with the online booking system please take a look at our website www.redcardrivertraining.com.au

We can also take bookings over the phone on 0424 628 703.

Please feel free to put our contact details in your newsletters, website and facebook page.

You may also like to publicise the Keys2Drive website to make people aware of the FREE lesson we can provide. www.keys2drive.com.au

Kind regards
Peter Dryer
Red Car Driving School
0424 628 703