

Shoalhaven High School - Newsletter

Respect, Responsibility, Safety and Participation



Park Road Nowra East NSW 2541 T 4421 8022 F 4423 0272 E shoalhaven-h.school@det.nsw.edu.au
www.shoalhaven-h.schools.nsw.edu.au www.facebook.com/shoalhavenhigh

2018 Term 3 Week 4

Friday 17 August 2018

PRINCIPAL'S MESSAGE

Term 3 has been full of activities and events at Shoalhaven High School with excursions to the snow, participation in sporting competitions, parents and students' information evening and subject selections for 2019.



Maintenance and up-grade work on our premises continues this semester. Our car park has been resurfaced eliminating potential hazards from trips due to cracks and holes in the surface. The basketball courts have also been re-surfaced with new backboards installed replacing the old depleted ones. The practice cricket pitches are having fences installed around them making it safer for students to practice in this area.

Thank you to all parent/carers who attend our parent/teacher day late last term. We see this as an important day in our calendar as it provides parents/carers the opportunity to sit and discuss their child progress with their teachers. We also hope that parents continue to embrace the new Parent Portal as a way for parents and carers to access information online regarding their child's education.

This term, Ms Deepti Panicker, has joined our Mathematics faculty as a permanent member of staff. We welcome Ms Panicker to Shoalhaven High School. Mrs Nicole Timbs also joins Shoalhaven High School as a permanent member of staff in the role of Aboriginal Education Officer.

Our Year 12 students are currently sitting their Trial HSC exams. We hope they have all prepared well and wish them well in these exams.

I have previously written about the importance of students coming to school in their winter uniforms. Tops advertising sporting and other organisations are not part of the uniform, so please ensure that your child arrives at school in the correct attire, and provide a note if they are not in uniform on a particular day. If families are experiencing financial difficulties with purchasing the school uniform, please contact the school on (02) 4421 8022. We have high expectations of our students and ask you to support the school in ensuring that students arrive at school prepared for each day with the correct equipment and school uniform.



It has been brought to my attention that some students are throwing their lunches from home in the bin, including snacks that have been prepared by their parents/carers. Please talk to your child about this as we hate to see food being wasted that way.

Attendance at school is crucial. It is proven that success at school is closely correlated with attendance. Students are expected to be at school, each day that school operates. Please ensure that your child attends school every day that school is operating and send a note explaining the reason for any absences they may have had.

Finally, please see the following pages for the wonderful work of students and staff and the variety of activities that they have been involved of the past few weeks.

Kem Rakiposki, Principal

YEAR 7 MATHS

As part of the Year 7 Maths program, the 7-Maths-1 students were given an open-ended activity on placing fractions on the number line. A length of string was placed across the classroom and the numbers 0 and 1 were placed on it. The students were challenged to write fractions on little cards and position them in relation to the first two values. All subsequent fractions had to be placed accordingly.

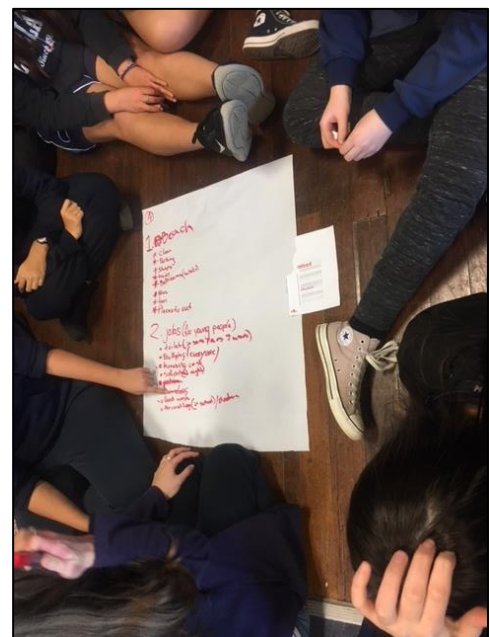
Whilst the first number chosen (one half) was fairly easily placed, the addition of other fractions became harder as the students had to judge intervals and positions carefully, based on the positions of others. With the length of string across the room, small groups quickly formed around different clusters of fractions as arguments ensued about correct positioning, equivalent values, etc.

Some out-of-the-box thinking also occurred as students sought to "break the rules" by asking if they could position other numbers as well, including negative values and also irrational values such as π . The activity was also extended so that students could add in decimals and percentages that they already knew as a precursor for upcoming work in the class.



REGIONAL YOUTH CONSULTATION

On Tuesday 31 July 2018, Shoalhaven High School students were asked to participate in a youth consultation with our local MPs Shelly Hancock and Gareth Ward. Students were asked about things that mattered to them. What is great about the area, what needed work and what did they see as the most important issues that youth face. It was a fantastic opportunity for students in Year 9, 11 and 12 to discuss real issues with people who were generally wanting to hear what they had to say. All the students participated really well and it was a great opportunity for both MPs to meet and work with some of our students. Hopefully we will be able to see some positive changes in the area in the future that were suggested by our school!

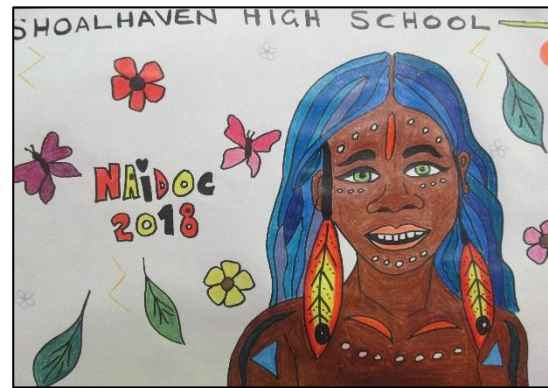


NAIDOC COLOURING-IN COMPETITION

2018 has been another great year for the colouring-in competition. We had a panel of 4 judges who determined the 7 winners.

1. Lachlan C was chosen for using vibrant and eye catching Indigenous colours.
2. Malakye B's colouring-in stood out so well.
3. Jarrad D had fantastic Koori colours depicted in nature and on the butterflies.
4. Jack A was a lovely detailed picture.
5. Jack H for his creative use of colours.
6. Emily B for the great effort and care she put into her work.
7. Taylor K for the creative use of colour in the picture.

Thank you to everyone who participated in the NAIDOC colouring-in competition.



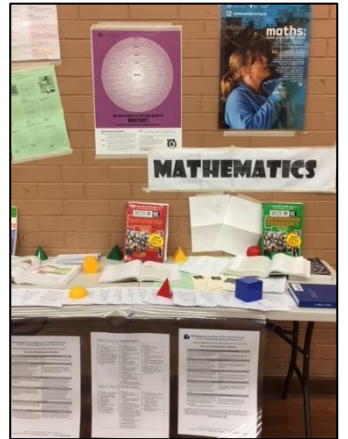
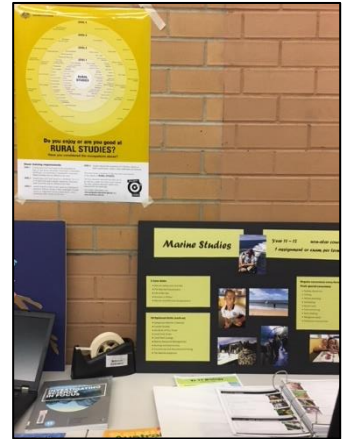
TREE PLANTING PROJECT

On Friday 27 August, students from Shoalhaven High School were able to work with Shoalhaven City Council and FACS to plant trees in Parramatta Park as part of a beautifying project. The students were taught how to plant the trees and worked with our Mayor Amanda Findlay and the council to plant a range of different trees in the park. It was a fantastic day out and all students involved felt great doing something positive for the community.



YEAR 10 INTO 11 INFORMATION EVENING

On Tuesday 7 August, Shoalhaven High School held its Year 10 into 11 Information Evening, as part of the important process of Decision Time. The night was very well attended by students and their parents/carers, who heard more about the ATAR in the HSC year from Mrs McDonald, TAFE and other pathways courses from Mrs Rosskelly and had a wonderful opportunity to talk about subject choices, TAFE and University from staff and representatives from these institutions.



SECOND CHANCE DRAW

Pay your school contributions/fees by Tuesday 25 September 2018 and be in the Second Chance Draw to win dinner at a restaurant of your choice to the value of \$100.

The winner will be contacted by the school on Wednesday 26 September 2018.

Please note the dinner is not redeemable for cash.

All parents/guardians who have already paid their fees will automatically go into the draw.



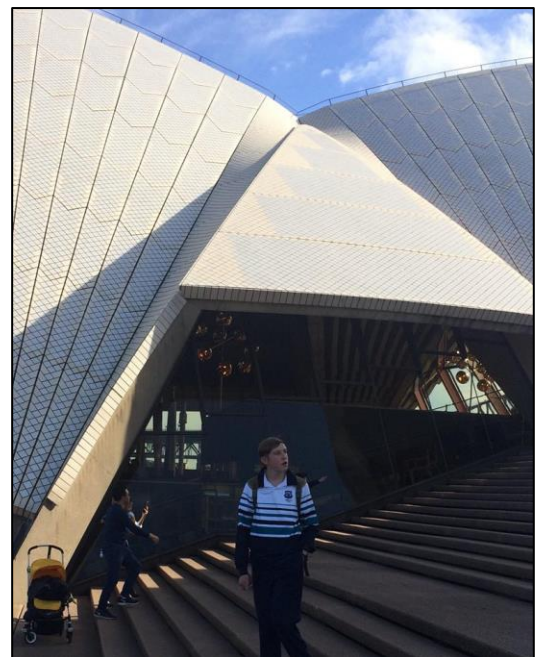
BLACK EMU EXCURSION – SUPPORT CLASS

On Wednesday 4 July, 24 students from the Support Classes travelled to the Opera House by train to experience the Bangarra Dance Theatre performance of Dark Emu. The students displayed exemplary behaviour at all times and elicited much positive feedback from members of the public throughout the day.

We enjoyed purchasing lunch in the city and watching the performers in and around Circular Quay. It was a great experience to see a performance at the Opera House.

Dark Emu focused on sustainable land management practices, which I am sure Mr Morrissey and Mrs Brennan will keep reminding us about during our Science and HSIE lessons this semester! The costumes and choreography were outstanding. We all really enjoyed the opportunity to see the Bangarra Dance troupe and the way in which they combine contemporary and traditional dance styles.

Thank you to Danielle, Troy, Leah, Mr Morrissey and Mrs Brennan for giving up your time to provide this opportunity.



MACBETH EXCURSION



On Friday the 6 July, eleven Year 10 students, accompanied by Miss Talbert, attended the Seymour Centre in Redfern to watch Shakespeare's Macbeth performed on stage. The group met at Bomaderry train station at 6:30 am where they caught the train to Redfern. They walked to the theatre, viewing aged townhouses and inspiring street art. Once at the theatre, students were seated in the front two rows. "Best seat in the house" some might say.



The performance was incredible and everyone was sitting at the edge of their seats waiting to see what happened next. Most notably, the actors and director stayed back and did a question and answer session with all of the schools. The students were shocked that the actors only rehearsed for five days before performing the two-hour show for over fifty audiences.

Once the play was over, students jumped back on the train and headed to the Queen Victoria Building for some lunch and a little retail therapy. Students were delighted by the cuisine of various cultures and most importantly, macarons from Zumbos. They were also

impressed by the high fashion displayed in every shop window.



Students caught the train home in the afternoon. They collected their obligatory Krispy Kremes from the station and slept humbly until they arrived safe and sound in Bomaderry, ready for two weeks of school holidays.

The excursion was a great success and the students should be highly commended for their safe and responsible participation in the excursion. They represented the school incredibly well.

FROM THE ENGLISH FACULTY

Term 2 finished with a deluge of Visual Representations across multiple years, once more demonstrating our students' talents in representing complex ideas in new and creative ways. Year 11 classes experimented with multimodal presentations while our junior classes dipped their toes into the waters of the Bard.

The Shakespeare theme continues in Term 3 with the Year 8 Aspire class looking forward to their trip to the Pop Up Globe in Sydney. Meanwhile, the diversity of the English syllabus means that classes can be found studying anything from advertising to poetry, documentaries to drama, and picture books to pecha kucha.

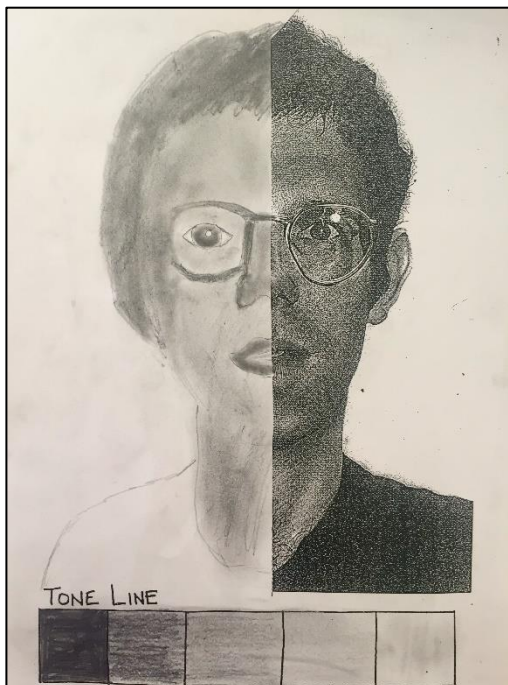
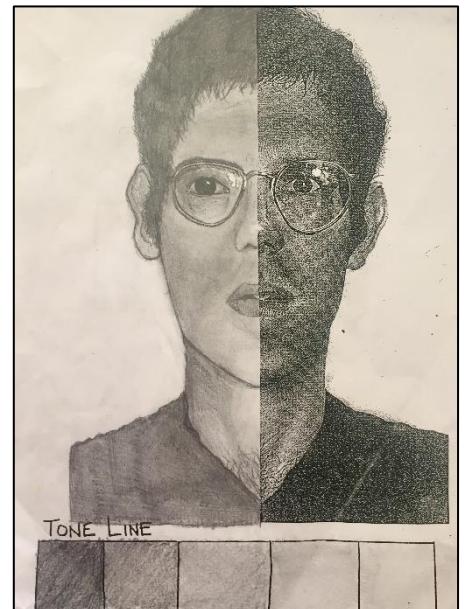
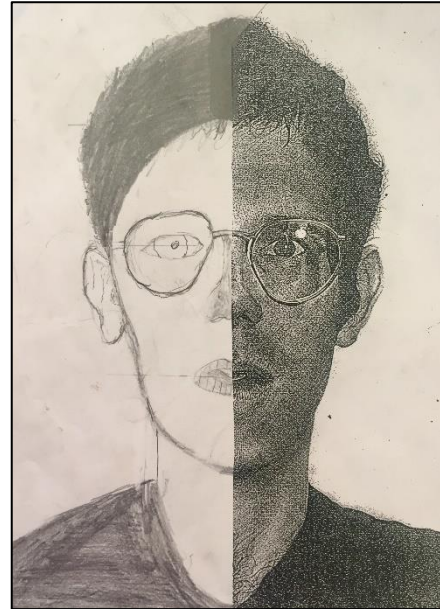
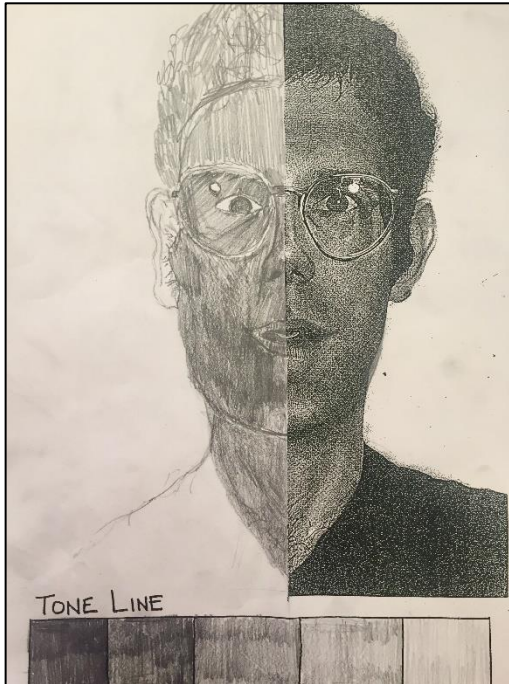
With the HSC Trial exams in progress throughout Week 4 and 5, our Year 12 students are focusing on revision and working to deepen their knowledge of the many texts studied over the last year. We wish them well during this time.

As always, the competition board is full of opportunities for students and we encourage everyone to check it out.

YEAR 7 ASPIRE PORTRAITS

They have all been working on their portrait sketching skills.

The male portrait is based on a painting by Chuck Close of Bob.



SSPAN ANTHOLOGY

Congratulations to Alexis C who took out the Intermediate Prose Award in the recent SSPAN Young Writer's Award. The challenge this year was to write a short story or poem based on the phrase "Out of the Blue". Alexis joined other winners at the recent launch of Out of the Blue: An Anthology held during the Shoalhaven Readers' and Writers' Festival. She was presented with her award and \$100 prize by well known author, Melina Marchetta (Looking for Alibrandi, Saving Francesca).



The work of several of Shoalhaven High's talented writers and artists appears alongside Alexis' story in SSPAN's 2018 anthology and we extend our congratulations to Lauren A, Jasmine B, Molly B, Alicia B, Jamie-Lee B, Chilli D, Nathan H, Chloe J, Connor J, Brianna L, Jade P, Xavier P, Torah Si, Jordan T, Lars T, Holly W, Jonah and the mysterious Anon.

The back cover was designed by Marle A from Year 10, and chosen from the array of designs presented. Our students made wonderful contributions to this publications, through their art and writing.

Soon to grace the shelves of the SHS library, the anthology is also available for purchase at Dymocks, Nowra with the money raised supporting the Awards in the future.



HSC STUDY DAY - HISTORY

Year 12 Ancient and Modern History students adventured into the big smoke on Thursday, 14 June, for an HSC Study Day. Students departed Bomaderry train station with Mrs. Snape and Mr. Flugler at 5:18am and arrived at Sydney University at 9am. Students attended four lectures over the course of the day, which were on topics they have been studying in class. All of the students in attendance were enthralled by the amount of information they were able to take away from the day to help them out with their HSC. The lecturers on the day were very knowledgeable and provided insightful and enthusiastic presentations. It was an invaluable experience!

Both teachers and students were exhausted after a hard day of learning. They arrived safely back at Bomaderry train station at 5:15pm. Mr. Flugler and Mrs. Snape commend the 12 students who participated in the study day on their attitude and dedication to a long day of learning.

Mr. Flugler

ENGLISH OUTSIDE!

Miss Talbert and 7.3 English enjoying a good book and the beautiful weather in the Burrawong on Thursday. Who says English should only be done in the classroom?



BERRY MEN'S SHED SCHOLARSHIP

Congratulations to Taylor Hancock (Yr 12) and Sophie Dobell (Yr 11) who are the recipients of the Berry Men's Shed Scholarship for 2018.

Taylor and Sophie recently met the members of the Berry Men's Shed last week.



TEXTILES

The end of last term saw the Year 7 support class walk away from textiles with individually designed aprons that had been tie dyed. As part of this unit the students were introduced to the sewing machine and each student developed the skills necessary to do straight stitching and zig zag. After each apron was completed the students then learnt about dyeing and how elastic bands could be placed onto fabric in different ways to create unique designs. The class was excited to see the end results of the dyeing process and each student was able to take home a quality end product that they will be able to use in the future although some said that they were going to give their aprons to other members of their families as a gifts



Year 8 support students returned to textiles this term and it was pleasing to see that they had not forgotten the sewing skills that they had developed last year so they were quickly back into the swing of things. Last year this group started to make reusable shopping bags so their first task was to finish off these bags. This

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has proven to be a very timely task. The students had a choice fabric and again, each student was able to take home a quality product that hopefully will be used over and over again.



For the first time in many years there is a Year 9 Z elective subject called Fashion. The students have recently been working on making pyjama pants from flannelette, using a commercial pattern. This has introduced them to terms such as grain line, notches, lengthen and shorten lines as well as many more. With left over fabric, one student also made a matching teddy bear with embroidered eyes.



YEAR 11 EARTH AND ENVIRONMENTAL SCIENCE

Year 11 Earth and Environmental Science students conducting experiments



YEAR 7 ASPIRE

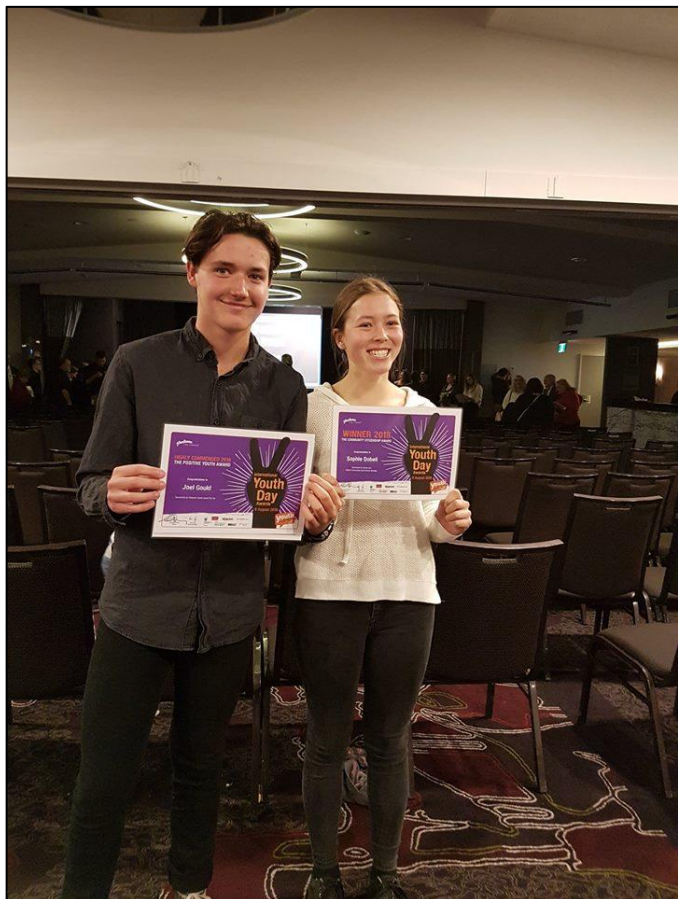
7 Aspire students recently created scale diagrams of their solar system



INTERNATIONAL YOUTH DAY AWARDS

Congratulations to Joel Gould for receiving a Highly Commended "The Positive Youth Award" and Sophie Dobell who was the winner of "The Community Citizenship Award".

There were 21 nominations from Shoalhaven High and former student Brodie Clarke won the Challenge and Change Award.



PLASTIC POLLUTION SOLUTIONS

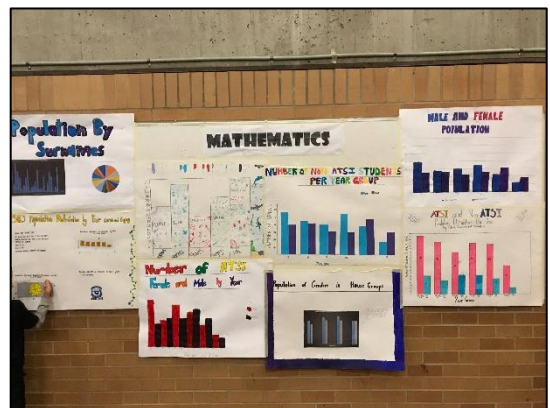
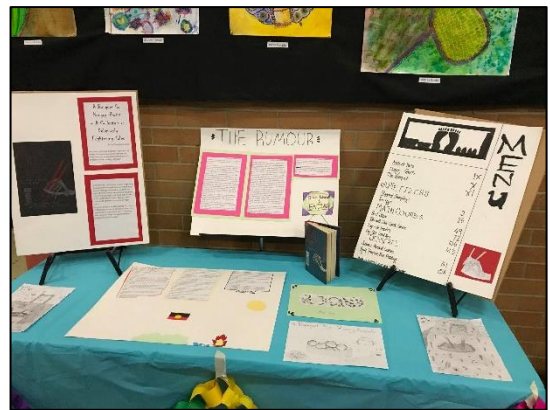
Plastic Pollution Solutions is a program of creative educational presentations and activities that engage and empower our communities to be a part of the solution to plastic pollution. Shoalhaven High students participated in Anthony's workshop to investigate what can be done to reduce our plastic waste problems



ASPIRE SHOWCASE

Congratulations to the Year 7 and 8 Aspire students, their teachers and all those who contributed to the Aspire Showcase which was held in the SHS hall. Their innovation and creativity was displayed fully through the wonderful array of presentations and performances, which filled the hall and delighted the substantial audience.

Special thanks to the sound and lighting crew who ably supported this very successful showcase.



YEAR 12 EARTH AND ENVIRONMENTAL SCIENCE

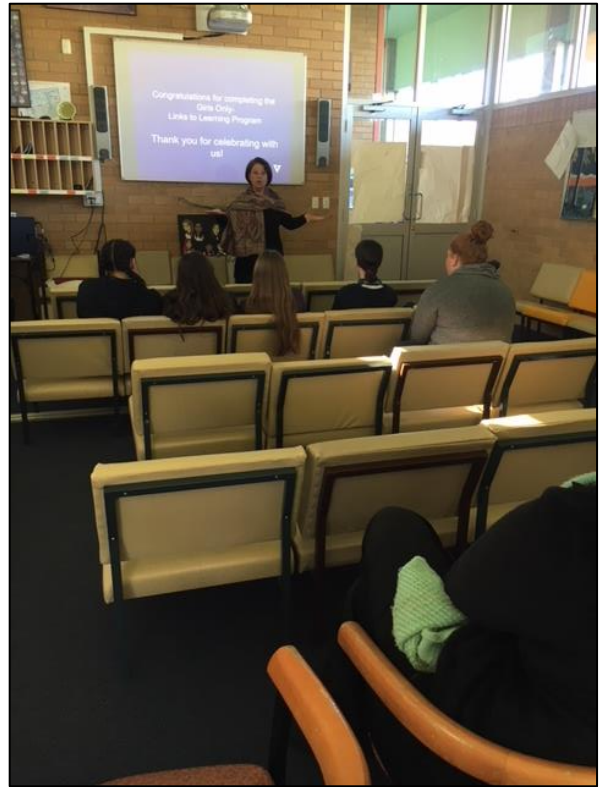
Year 12 Earth and Environmental Science students braved the cold and wet conditions to learn about the amazing work being done by Riverwatch volunteers to stabilise the banks of the Shoalhaven River from erosion and to remediate the damaged riverbank mangrove ecosystems. Mangrove ecosystems are considered to be one of the most important Carbon sinks on the planet as they absorb 3 times as much CO₂ as other plants. They are also one of the most vulnerable ecosystems to be impacted by the effects of climate change.



GO GIRLS GRADUATION

Students from Year 9 graduated from the GO GIRLS program which is run by the YWCA. These students participated in the program in Terms One and Two this year. The girls all really enjoyed the activities that they were involved in.

Painting of the students who were in GO GIRLS ...
artist Tiffany G Year 9



SNOW TRIP

On Monday the 6 August, 32 students from Years 9 to Year 12 caught a bus down to the snow. We stayed at the Bungarra Alpine Centre at Jindabyne. As we got off the bus, it started to snow which doesn't happen often. On Tuesday morning, after a late start because there was so much snow around and chains had to be fitted to the bus, we left for Thredbo. When we arrived we got straight into the first of our three lessons. After our first lesson was finished most of us huddled in the bistro for warmth and lunch. After lunch we had another lesson. When that lesson was finished we had some free time to board/ski around and buy doughnuts. We then headed back to the cabins for a yummy dinner before bed.

On Wednesday most of us went a bit further up the mountain to a more challenging course, (it was even colder up there). After our final lesson we got on the bus and headed back to return our gear and start the long trip home.

A special thanks to Mr McNeil, Mr Newport and Mrs Snape for organising and coming on this great excursion.

Charlotte W and Nicola B



SPORT REPORT

Cross Country

Congratulations to Annabella P and Alexi C for their efforts at NSW all schools Cross country. Both girls competed at this championship a couple of weeks ago at Eastern Creek and did an amazing job. Annabella ran in the 13yrs 3km event and came 26th out of 103 participants and Alexis ran in the 14yrs 4km event and came 15th out of 104 competitors. These are fantastic performances and Shoalhaven High School is very proud of their achievements.



Athletics

In Week 2, Shoalhaven High School had 12 students representing the school in various events at this year's South Coast Athletics Championships. All students did a great job with many recording personal best distances and times in their events. Congratulations to Alexis C and Emily H for placing in their events. They will now compete at the Combined High School carnival in Week 7 at Homebush.

Team list: Lucas C, Alexi C, Taj H, Wade P, Blake D, Blake G, Toby N, Charlotte W, Hannah W, Mackenzie A, Nathan H and Emily H.

Netball

The open Netball team competed in the South Coast Finals at the Shoalhaven Netball Courts on Wednesday the 1 August. All girls performed extremely well winning 5 of their games. A special mention to Elisha W, Rose H and Emily H, our Year 12 students. They have represented the school in Netball since Year 7. Thankyou for your enthusiastic commitment over the years.



Basketball

On Tuesday 7 August we went over to the Bomaderry Basketball Stadium where we played to qualify for the top eight in the region for the 15s Basketball title. Between Vincentia, Ulladulla, Nowra, Kiama, Bomaderry and Shoalhaven High Schools, it was a tough competition with most teams all being on par with one another.

Our first game was against a very strong and highly skilled Ulladulla team who ended up winning the entire competition, unfortunately in the first half we turned the ball over too many times and missed too many opportunities which ended up in us going down.

In the second game we played against a competitive Vincentia team which saw us go basket for basket and at half time we were only winning by 2 points. With a few quick steals, a couple of 3 pointers and fast breaks, we blew the score line out to 20 points and finished off really strong.



Jasmine Green

Jasmine Greenwood, from Year 8, is again representing our school and her country at the 2018 Pan Pacific Para Swimming Championships in Cairns. Jasmine has qualified to compete in five events. The first was on Thursday 9 August.

Follow the competition on the Pan Pacific Para Swimming Championships website and keep tuned for Jasmine's results.

<https://www.swimming.org.au/Pan-Pacific-Para-Championship.a...>

Congratulations Jasmine. We all wish you the best of luck!



Sam Wright-Smith


In Week 3 I was fortunate enough to travel to the Gold Coast with the U16 All Schools NSW Hockey team. We competed in the National All Schools Competition which had all states and territories except for the Northern Territory. The team and myself were unlucky on missing out on making the grand final as it came down to goal difference and we missed out by one goal. We ended up playing for the bronze medal against Victory. At half time Victory were up 4-1 and for NSW it was not looking promising. After half time we came back and scored 4 goals to win the game 4-5. All up it was a really exciting experience and I thank everyone who supported and helped me get there.




BRING YOUR OWN TECHNOLOGY (BYOT)


Please have a read of the BYOT Policy/Guidelines on our website (Under Our school then BYOT) or click on the link below, for the expectations on how technology and mobile phones are used at our school, and the consequences for misuse of the technology.

[BYOT Policy](#)



Bring Your Own Technology






Positive Choices

- Students putting phones on silent and putting them away in bags or in the facility provided by teachers, if they are not required for the lesson. Other devices are also put away, if this is requested.
- Students following teacher instructions, so that they are using devices appropriately during the lesson.
- Students showing staff their work if they are using devices, whenever they are asked to do so during the course of the lesson.

The following are examples of positive uses for devices in lessons that your teachers may access in classes:

- research activities which involve the use of internet access.
- note taking, video making for projects and assessments.
- photographing notifications of tasks and work not completed on boards.
- recording the progress of work in practical classes.
- using the calendar to create homework / due date entries/ excursion/ test notifications – student diary/ organiser.
- timekeeping/ stop watch for speeches/calculator.
- using SRN, One Note, Kahoot or other appropriate software to allow student responses/ organise tasks.
- teacher directed quizzes.
- dictionary/ thesaurus work.
- recording and storage for multimedia tasks.
- submission of tasks via email.
- accessing ABC iView, educational apps.
- recording information whilst on excursions.



Negative Choices

- Students not putting phones in bags, the facility which may be provided by staff in classes or in a place acceptable to staff, and not turning them off, if they are not being used for the lesson.
- Students not having 'lids ajar' on laptops, or not removing earphones when requested to do so by staff.
- Students refusing to use technology in accordance with teacher instructions.

This includes:

- Students texting or calling others on mobiles during class time.
- Students refusing to show staff their work on the technology.
- Students failing to make a reasonable effort with the technology to complete work.
- Students passing mobiles to others for inappropriate use or not handing phones to staff before going to the toilet.
- Students playing games on their device during lessons.
- Students using technology to bully, harass, offend or threaten others – includes illegal filming/ photography = serious offence!

Being able to use technology in class is the teacher's choice, not the student's choice! There are consequences for any student who breaks the rules.

UNIFORM POLICY

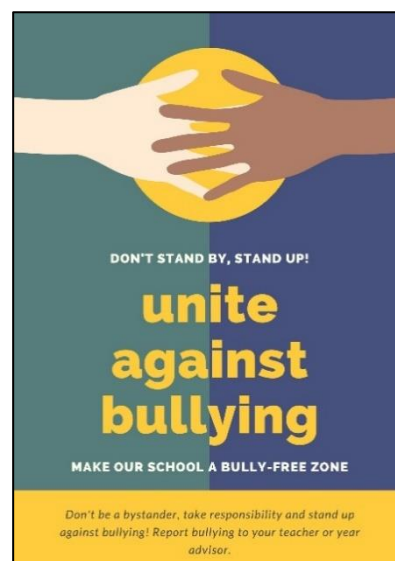
The Shoalhaven High School Uniform Policy is found on our School website under 'Our School' or click on the link

[2018 Uniform Policy](#)

ANTI-BULLYING PLAN

The Shoalhaven High School Anti-bullying Plan is found on our School website under 'Our School' or click on the link


[Anti-bullying Plan](#)



STUDENT TIMETABLES

Students now have access to view their timetable for 2018 online via the Student/Parent Sentral Portal.

To access, please visit <https://web2.shoalhaven-h.schools.nsw.edu.au/portal/login> then log in with your DoE username and password.



Shoalhaven High School

Student and Parent Portal

Please enter your username and password below

[Forgot Password?](#)

CAREERS NEWS

Year 10 Work Experience

10 – 14 September

All Year 10 students are encouraged to participate in work experience during this week. It is an opportunity for students to explore future careers and consolidate their subject choices for 2019.

This term in Career lessons, students have been working on developing career pathways, employability skills, resumes and plans for work experience.

Please return work experience documents to the Careers Hub for a final approval.

Students will receive two duplicate copies the following week before work experience. One copy is for home and the other for the employer. These documents will include the contact person, contact number, address, times, activities they will be doing and clothing requirements while on work experience. If students do not participate, they are required to attend school.

We wish all students an enjoyable and enlightening work experience.

Please contact Ev O’Neile or Sue Rosskelly at our Careers Hub if there are any questions or issues relating to work experience.

Year 12... time to get applications ticked off your “TO DO LIST”

Please check your school email for updates on work, university and other training opportunities for 2019.

University Application Centre (UAC) - online form open now to 29 Sept (\$70) .

Please let us know if you do not have access to a credit card and Paypal or funds.

School Recommendation Scheme (SRS) – Early entry for many universities (not UOW), open 1 August to 28 September

UOW early entry - online application closes 24 August

Equity Access Scheme (EAS) - application for course consideration if you experienced difficulties during school years (See Mrs Jennings)

Equity Scholarship (ES) - financial assistance if you have experienced difficulties during school years.

Shoalhaven Education Fund Scholarships
<http://engage.cef.org.au/directory/foundation/32/shoalhaven>

Scholarships for most universities -check this site for numerous scholarships for all students at each

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university and apply.

<http://engage.cef.org.au/directory/scholarship>

Many scholarships do not have an applicant and it is not always the smartest students who get scholarships. HAVE A GO.

School Visits for YEAR 12 on Tuesday 4 September.

UOW College info on Cert 3, Cert 4, Diploma courses. UOW College provide training and other pathways to university without an ATAR or a lower ATAR

<http://www.uowcollege.edu.au/about/index.html>

Shoalhaven Education Fund Scholarships

Shoalhaven Education Fund provides financial assistance up to \$3000 for young people requiring assistance to go to work, TAFE or university. If you require financial assistance, a smart move would be to make an application. It is not too difficult. Applications on line

<http://engage.cef.org.au/directory/foundation/32/shoalhaven>

Illawarra Trade Day

Tuesday 4 September Period 2-6

Checkout the event page

<https://www.facebook.com/Illawarra-Trades-Roadshow-695297340486248/> to view videos and info on hands-on exhibits at Illawarra Schools Trades Roadshow. Please share with your students, parents and carers.

Interactive exhibits for 2018 include:

- Aviation presented by Aviatex
- Audio & Lighting
- Pneumatic controls presented by Didactic Aust & NZ
- Animal Handling & Behaviour
- Science
- Virtual Reality
- Construction
- Boating & Maritime
- Navy Flight simulators
- Music by Sako Dermenjian
- Welding using Virtual Reality
- Sniffer Dogs plus NSW Police careers
- Defence Force Recruiting Trades
- Outdoor education & fitness
- How to gain a job in Retail
- Hospitality service – learn how to wait tables
- Barista skills

CAREERS NEWS continued

Term Four Work Smart Courses

WHS Construction Induction (white card) – 15 November Cost \$80

Rural fire training - 19 - 23 November

First Aid - 10 and 11 December

School Based Apprenticeship

Opportunity for a Year 10 student

For more info you can check the site and visit the Careers Hub

Looking For A Job?

Two sites that are very useful if you are seeking employment - casual, part time or permanent

1. Register for ADZUNA for a Job Alert for casual, part time or permanent jobs

<https://www.adzuna.com.au/nowra-bomaderry>

This site is updated daily.

2. For apprenticeships and traineeships check this site and register for JOB ALERT

<http://www.hvtc.com.au/jobs>

3. Shoalhaven City Council - casual and permanent jobs

Register for email notifications using "Job Alerts" button on top right corner of SCC page:

<https://shoalhavencouncil.jobs.subscribe-hr.com/Profile/Alerts#>

Current positions

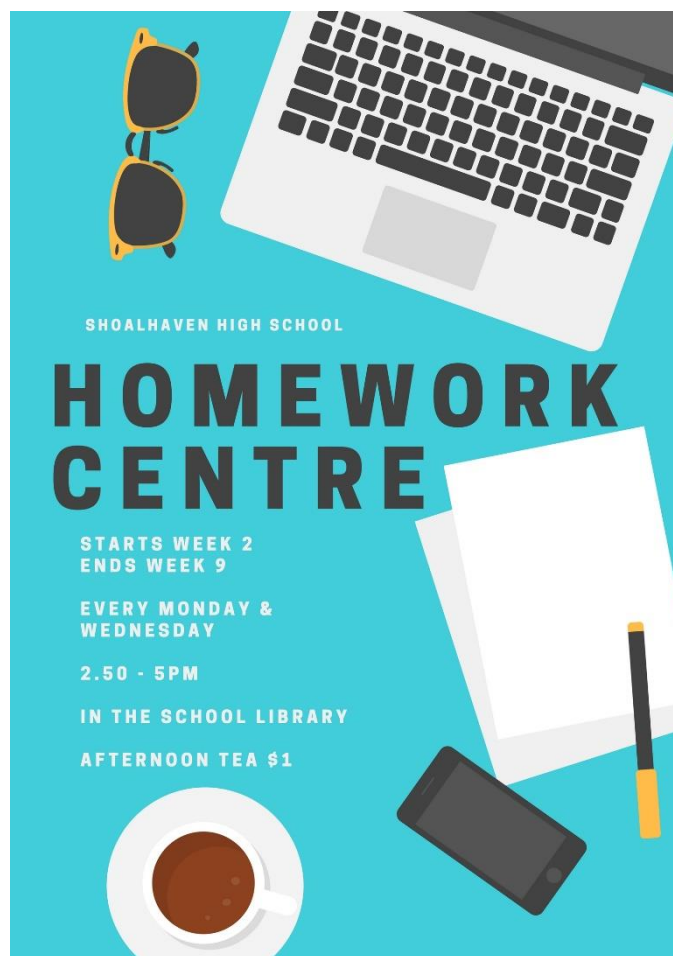
- Cert 3 Business Traineeship – Bomaderry
- Casual retail – Aldi Nowra
- Cotton On – Nowra

BREAKFAST CLUB

Breakfast Club is on before school each Wednesday and Friday at the uniform shop. Anybody can come and it is run by staff volunteers. Fruit is also available from Lisa in the Admin/Welfare Office at the bottom of A block.



HOMEWORK CENTRE



COMMUNITY NEWS

L
SOUTH COAST LEARN TO DRIVE SCHOOL
 Phone: 0459 691 530 or 0459 691 531
 Email: southcoastlearntodrive@icloud.com
 32 RIVER ROAD SUSSEX INLET
 Account No: 77-335-0221
 BSB: 062-600
 ABN: 78502089734
 Lic: 013161

SOUTH COAST LEARN TO DRIVE SCHOOL is now offering Shoalhaven High school students the following discounted lessons:

- For a discounted lesson just mention the discount code: **LIMITED**.
- 1hr lesson can equal 3hrs of your log book time.
- Local service, pickup and drop off from your door/chosen destination.
- Safety assured with police and working with children check approved instructors.
- Male or female instructors available.
- Manual or Automatic cars also available.
- Owned and operated by patient, kind and caring people.
- ADTA Quality Assured.

Mei or Lee would be pleased to receive your enquiry on 0459 691 530 or 0459 691 531, alternatively email, SOUTHCOASTLEARNTODRIVE@GMAIL.COM

Also visit us at: www.southcoastlearntodrive.com

SOUTH COAST LEARN TO DRIVE SCHOOL
0459 691 530
 SOUTHCOASTLEARNTODRIVE@GMAIL.COM
 CONTRACTOR WITH ADTA QUALITY ASSURED TIME ORIENTED COURSE LIMITED
 CHOICE OF MALE OR FEMALE INSTRUCTORS
 LIMITED



Bomaderry Swimming Club Inc

Welcomes swimmers of all ages and abilities to our 6 week Winter Point-Score. This is an opportunity to come along to Club Nights and have a try without having to join our club. We also welcome swimmers from other clubs to come along and swim with us. (Once we commence Summer Point-Score in October you will have to join the Club)

Club Nights are an informal Club event in which swimmers take part in weekly swim events. We start each night with a novelty "Fun Relay" in which all swimmers are involved in. It is very popular with the kids and a great way to kick off the night. The main aim of our weekly swim nights is for swimmers to assess their own overall progress and to try or practice new/old events. The events are held in race format with the events seeded from slowest to fastest. All age and gender swim together. Distances from 16m to 400m. Club nights are held in a fun and informal environment and are an ideal introduction to competition for swimmers as well as an opportunity for swimmers and families to meet and socialise with other members.

EVENT DETAILS

Starts: Friday 27th July 2018

Location: Bomaderry Aquatic Centre Indoor 25m heated pool

Registration for Events: Weekly from 6.00pm to 6.20 pm

Warm Ups Commence: 6.15pm to 6.30pm

Events Commence: At 6.30pm with a "Fun Relay" followed by the weekly scheduled races. Swimming is normally finished by 7.30-8.00pm, depending on the number of swimmers that we have each night.

BENEFITS OF CLUB NIGHTS

Swimmers attend for numerous reasons including:

- * To check out their times for different strokes and distances;
- * To tune up their race techniques;
- * To swim against friends in a friendly low-key atmosphere;
- * To familiarise themselves with race procedures;
- * To practise diving off the blocks, and
- * To have fun and keep fit with friends.

Enquiries: Anthony Janezic 0438 676628 or Karen Higham 0412 672450

Email: bomaswimclub@gmail.com

Web: www.bomaderry.swimming.org.au




The Disability Trust After School Care Nowra

Specifically designed for working parents & carers of children with disabilities, The Disability Trust provides a safe and secure environment for after school care with trained and experienced staff.

Ages: 12yrs - 18yrs
Days: Monday - Friday
Venue: "Waratah Corner" 122 Plunkett Street Nowra
Times: 3.00pm - 6.00pm
Costs: NDIS Approved - Daily supports provided with your plan
Program Fee based upon parent annual income (means tested)
Activities: Arts & craft, sporting activities, games, some community based activities etc.
 Limited transport available.

If you would like more information about this program or you would like your child to join, please call The Disability Trust on 4428 9003.

1/51 Graham Street Nowra 2541
 PO Box 1269 Nowra 2541

www.disabilitytrust.org.au ...creating an inclusive world







SHOALHAVEN DISABILITY FORUM EXPO

FREE MUSIC, ART & CRAFT WORKSHOPS

DON'T MISS OUT ON THIS FREE FUN EVENT!

**WEDNESDAY
15 AUGUST 2018
10AM-2PM**

BOMADERY BOWLING CLUB
 MEROO ROAD, BOMADERY

Find out more about the NDIS and local services that can help you. Lucky door prizes, entertainment, information stalls and more!

For any queries please contact
 Melissa Andrews on (02) 4429 3411.






PCYC Shoalhaven Safer Driver Course

Tick off 20 log book hours while
learning some valuable &
potentially life saving skills.

**\$140 or \$0 if on
centrelink concession****

**RMS Disadvantaged Learner Initiative places are available
to eligible Learners. Please contact PCYC for details.

2018 Dates:
21st July
18th August
22nd September
20th October
24th November
15th December

Course is a total of 5 hours
with both modules done on
the same day.
Must be under 25yrs
Must have 50 logbook
hours already completed



PCYC
SHOALHAVEN



MyTime
*supporting parents of
children with disabilities*

MyTime Nowra Term 3 Dates

Noah's Inclusion Services

Fridays 9.30 - 11.30

Friday 27 th July Coffee & Chat	Friday 3 rd August Card Making with Roz from Stampin' Up	Friday 10 th August Coffee & Chat	Friday 17 th August Arts & Crafts
Friday 24 th August Coffee & Chat	Friday 31 st August Special Guest Speaker Sue Cunningham	Friday 7 th September Pampering Session	Friday 14 th September Bring a Plate Morning Tea

For more information, or to book in for FREE childcare, contact Aimee:

P: 4423 5022

M: 0447 306 445

E: aheald@noahsark.nsw.edu.au

W: noahs.org.au



Noah's
EVERY CHILD
EVERY OPPORTUNITY

Drink and Drug Driving Prevention Education Workshop



Do you want to learn more about drink and drug driving issues and rules?

Are you a learner driver or do you support someone to get their licence?

Come along to our workshop on drink and drug driving and road safety.

The workshop will cover:

- issues on drink and drug driving;
- general laws;
- how RBT and breathalyzers work and likely changes; and
- offences and how police and magistrates will deal with these.

ALL ARE WELCOME – BUT SPACES ARE LIMITED!

Where: Australian Red Cross Office
Level 1, 57 Graham Street, Nowra
When: Monday 13th August 2018
Time: 10.00am to 12.00pm

Morning tea included

To register your interest please call our office on:

Contact 02 4428 4900 or 1800 621 433

the
power of
humanity



Shoalhaven Aboriginal &
Torres Strait Islander



**NDIS
YARN
UP**

- Guest speakers
- Service Stalls
- Link up to NDIS
- Arts & Craft
- Child Care
- Free BBQ lunch
- Give-aways
- Jumping Castles
- Petting Zoo
- Animal Show

Free event to come together, have a feed, share
a yarn and learn about what supports are
available for our local Aboriginal community
under the rollout of the NDIS.

SEPTEMBER 6TH 2018

10AM - 2PM

NOWRA SHOWGROUND PAVILLION

RSVP for catering and transport purposes is essential.
please RSVP by 27th August to Margie on 44 286 900
or Joni on 0242 564 333. Limited transport available
from Jerrinja & Wreck Bay Communities



Proudly funded by Ability Links NSW, and supported by SANDS Network.





headspace Open Night

Do you want to find out more about headspace and what we do? Thinking about attending the service?

Come in and check out our centre, meet the team and have some of your questions answered.

We will also do presentation that will touch on stress, anxiety, depression and talking to teens 12-25 years

When: Wednesday 5th September

Where: headspace Nowra (51 North Street, Nowra)

Time: 5.00-7.00pm
Presentation at 6.00pm

RSVP: To RSVP call 44215388

Free pizza for young people and their families





6 WAYS TO BE #BODYPOSITIVE

- 

1. FOCUS ON WHAT YOUR BODY CAN DO

Think of the millions of unique things your body helps you do everyday. This is a great reminder that you're so much more than the way you look.
- 

2. QUESTION WHAT YOU SEE IN THE MEDIA

Next time you see an 'ideal' body, think: What goes into looking that way? How many people do you see in everyday life that look like that? Is it realistic or helpful to compare yourself to that standard?
- 

3. UNFOLLOW PEOPLE WHO MAKE YOU FEEL CRAP ABOUT YOURSELF

For a positive newsfeed, try following people you admire who have all different interests - and body shapes.
- 

4. SAY THANK YOU

Next time someone gives you a compliment, try saying thank you rather than shrugging it off. Showing gratitude can go a long way to improving how we feel about ourselves.
- 

5. FOCUS ON OTHER PEOPLE'S GOOD QUALITIES

Looking for the good in other people creates positive vibes and can even help you focus on your own strengths.
- 

6. HANG WITH POSITIVE PEOPLE

Surround yourself with people who get you and encourage you to feel confident.

We know that feeling good about your body or appearance isn't always easy. If you are struggling with body image, visit ReachOut.com or chat to the Butterfly Foundation on 1800 33 46 73.





Healthy • Active • Happy • Families

Aboriginal Go4Fun®

9 week healthy lifestyle program for Aboriginal children and their families



Help your family to get healthy, active and happy with Go4Fun®

Go4Fun® is a ten week healthy lifestyle program for kids aged 7-13 years

A parent or carer is required to attend each session.

When: Mondays, 4-6pm. Starting 30th July.

Where: Nowra Showground

Contact: South Coast Medical Service Aboriginal Corporation
Ph: 4448 0200, then press 2

FREE

TO REGISTER: FREE CALL 1800 780 900

sms 0409 745 645 for a call back








SUMMER SOCCER 2018



Seniors commencing 27th of September
Juniors commencing 17th October
Semi Finals – and Finals 12th & 13th December 2018
Senior Team nominations close 16th September
Junior team nominations close 1st October

All information, Rules and Team nomination Forms can be downloaded from
www.shoalhavenfootball.com.au
On-line registrations
www.myfootballclub.com.au

All enquiries & technical support email questions to
Summer.soccer@shoalhavenfootball.com.au

Great fun and fitness, get a workplace team together !

Registrations open 1st August.

Shoalhaven High School will, as a service to parents, advertise community news which may be of interest. SHS does not necessarily endorse or sponsor the events and accepts no responsibility to the management or organisation.