

Shoalhaven High School - Newsletter

Respect, Responsibility, Safety and Participation



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2018 Term 4 Week 4

Friday 9 November 2018

PRINCIPAL'S MESSAGE

Term 4 has commenced and the school has been moving at a fast and furious pace. The staffing changes that were in place at the conclusion of Term 3 will remain in place for the rest of the school year. The changes are as follows: Mr Rakiposki will be relieving in a Director Educational Leadership, Mr Rees will be Relieving Principal, Mr McNeil has taken on the role of Relieving Deputy Principal for Years 11 and 12 and finally Mr Fakhoury has been appointed as relieving Head Teacher PD/H/PE.

Our Year 12 students have started their HSC Exams and they are now drawing to a close. All students need to be congratulated on their effort, attitude and application for these exams. The end of Term 3 was an extremely busy time for all our Year 12 students and they did amazing things around the school. They held the first ever Formal in our school hall and it was an amazing night. A huge congratulations is extended to Ms Hargraves (their dedicated Year Adviser) and the formal committee that made it all happen. It was a night that many staff will not forget in a long time. Well done.



South Coast Register and Samuel White

Another congratulation goes to all our Year 12 award winners who were presented with their awards at our Year 12 graduation assembly. All your hard work has paid off and you deserve your success. While I am still

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talking about Year 12, a few of our students have been to University Early Entry interviews in the last holidays and I am pleased to announce that some were successful in gaining entry into University prior to the commencement of their HSC exams.

We have celebrated numerous success of our students over the first 4 weeks of Term 4. The Junior SRC ran a successful initiative "dodge the drought". This involved the running of a lunch time dodgeball competition for staff and students. The event went for the last few weeks in Term 3. The Junior SRC, with the help of Ms Snape ran the competition, organised a BBQ, awards, set up and packed up each lunch time. It was great to see so many students helping out and enjoying a bit of competitive spirit. The championship was eventually taken out by the Melbourne Seahawks- Mr Rees, Mr McNeil, Elisha Wright-Smith, Emily Hedger, Rose Hughes and Storm Toms. Well done!



Our next P & C meeting will be held on Thursday, 15th November at the school commencing at 4:30pm. It would be great to see some new faces at the meeting and all are welcome to attend. I look forward to keeping you up to date during Week 8 with everything that is happening within our school.

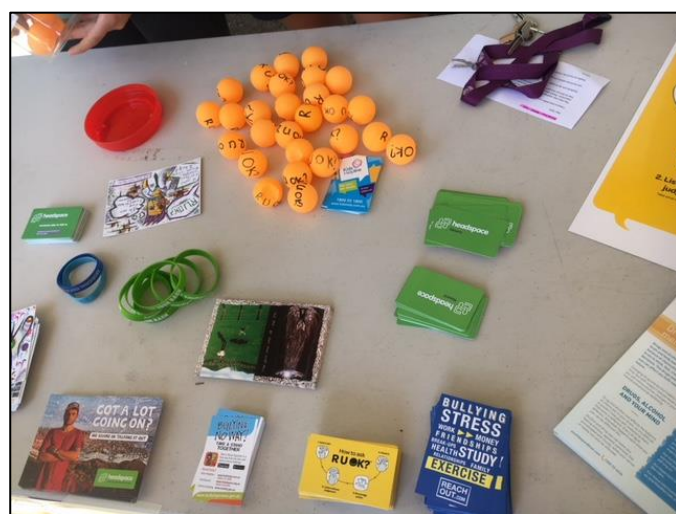
Damian Rees, Relieving Principal

BODY OF WORK EXHIBITION (BOW)

A great night for HSC Visual Arts students. Under the guidance of Ms Sophocleous our budding art students showcased their major Body of Works in an impressive display of talent.



R U OK? DAY



SECOND CHANCE DRAW

The second chance draw was won by Sarah Nicholson. She has won dinner at a restaurant of her choice to the value of \$100. We hope you enjoy your meal.

Congratulations Sarah.



YEAR 11 LANDSCAPE ART

Year 11 Visual Arts students have been working hard investigating Landscape this term. They have made some amazing works – prints, paintings on canvas, land art and collages. Congratulations on producing



some beautiful works!



FUNDRAISERS

On 30 October Shoalhaven High School ran a fundraiser on Halloween Eve. Students dressed in their most spook-tacular costumes and purchased some ghastly treats at lunch time. Students raised \$300 towards the Year 12 gift to the school and students travelling to the USA in 2019. We had one 'best dressed' award given in each Stage with David S taking out the Stage 4 award, Joshua C the Stage 5 category and Ashleigh & Emily B taking out a couples costume awards in Stage 6. Great fun was had by all and Miss Wood and I would like to thank all students and staff for their participation. We cannot wait until next year, start planning your costumes now! – Miss Forbes



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SAUSAGE SIZZLE FUNDRAISER AT BUNNINGS

On Sunday 11 November, Nowra Bunnings has provided us with the opportunity to fundraise for the USA 2019 Study Tour with a sausage sizzle! Come and grab an Aussie classic and support our students. We will be there from 9am until 4pm so pop down and grab a sausage sanga (or two) cooked by the handsome Mr Flugler!



EXCELLENT BEHAVIOUR REWARD

Students from all years who had received and handed in lots of Blue Smilie behaviour tokens during Term 1 and 2 received special treatment on Thursday 6 September. Prior to the Talent Quest they dined on a sumptuous pizza lunch, received discounted entry fee into the Talent Quest and enjoyed priority seating at the front of the hall for the Talent Quest. This reward was thoroughly enjoyed looking at the smiling faces, with many showing a hint of pizza sauce.

It was great to see 55 students from Years 7-12 enjoy this wonderful reward, being recognised for following the SHS Core Values throughout Terms 1 and 2.

Blue Smilies are given out by staff to provide immediate positive feedback to students when they demonstrate the Core Values – Respect, Safety, Participation and Responsibility. Smilies are counted at the end of each term, with different rewards made available to students.

A MIDSUMMER NIGHT'S DREAM EXCURSION

On the 25 September, the Year 8 ASPIRE class went to the pop-up Globe Theatre in Sydney to watch an adaptation of Shakespeare's A Midsummer Night's Dream, which we have studied in class, in English. The play went for 2 and a half hours with an interval after the first hour.

We were situated in the peasant area right at the front of the stage and just like in Shakespearean times, we had to stand for the whole play.

At the end of the play, two characters died and as they died, they sprayed fake blood into the crowd. It was then interesting seeing people's reactions to us walking past, covered in fake blood, back to Central train station. Luckily the blood was non-toxic and machine washable so it was easy to get out.

The actors did a great job of staying in character throughout the whole two hours. This play kept us entertained, as it was exciting and funny.

The actors interacted with the crowd, which made it very enjoyable. The character, Hermia, kept insulting Kyuss throughout the play!

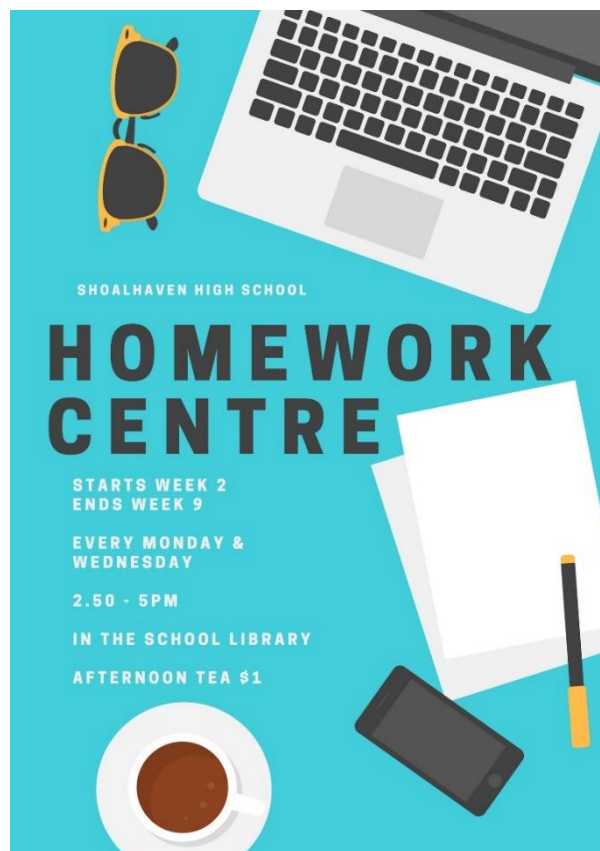
The train rides there and back were very long but we kept ourselves occupied by playing cards.

Thank you Mrs Snape and Mr Harvey for organising a great day out!

Alexis C, Kai T, Hayley W, Torah S and Izabella D-L



HOMEWORK CENTRE



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.



ADVOCATE FOR CHILDREN AND YOUNG PEOPLE

In July Shoalhaven Students participated in a consultation with local MPs to assist the 'Advocate for Children and Young People' and the 'Department of Premier and Cabinet' with their work. The following slides provide some of the feedback that students contributed as part of their consultation, which was insightful and greatly appreciated by those who attended like Gareth Ward.

What you told us about your community.....

What is working well for children and young people in your area?

- Access to education
- Range of local school options
- Excellent teachers
- NBN and internet connection
- Technology and social media
- Police protection e.g. increased drug raids
- Job opportunities
- Local facilities

What is working well for children and young people in your area?

- The beach
- Clean community and environment
- Parking
- Shops
- Transportation: south coast trains, buses and taxis
- Food places and dining out
- Road, particularly the new bypass
- Sporting teams and events
- Support for those in need
- Legal system
- Community involvement

What is not working well for children and young people in your area?

- Unemployment in young people
- Plastic bag ban
- Lack of support networks
- Exposure to drugs
- Feeling unsafe due to intoxication in the community
- Bullying and cyber-bullying
- NBN and lack of internet service and telephone reception
- Lack of affordable housing, particularly for young people
- Inadequate transport to the wider community such as Sussex and Culburra
- Inadequate South Coast train line

What is not working well for children and young people in your area?

- Homework load enforced in schools
- Abusiveness, fighting and domestic violence
- Relational issues between friend groups and peer groups within schools and in the community
- No music or art focused events in the community directed towards young people
- Crime rate
- Age of pension
- Homelessness and poor living conditions
- Road rules

What is not working well for children and young people in your area?

- Lack of diverse retail shopping
- Lack of air-conditioning and heating in school classrooms
- Inequality of academic opportunities in comparison to urban schools
- Lack of life-skill education in school
- Unfair stereotyping and perception of the Nowra community
- Unavailability of night-time activities for young people
- Lack of entertainment options for under 18's
- Limited availability of medical services e.g. doctors and hospitals and long waiting periods in cases of injury
- Limited sports scholarships available for young people

When you think about getting a job, what would be the supports and services that you would find helpful?

- Life-skill and financial education in schools
- Increase tertiary education options so that it is more accessible by transport and encourages the pursuit of diverse interests
- Provide job opportunities for young people that extend further than a part-time basis

What are your priorities for government in regards to children and young people in your area?

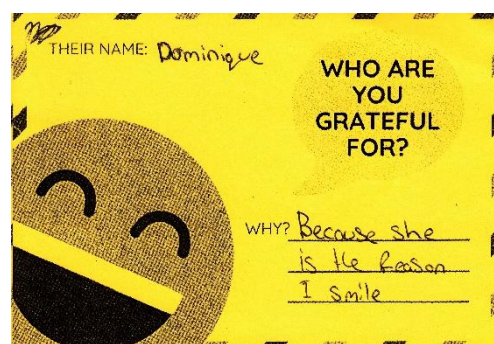
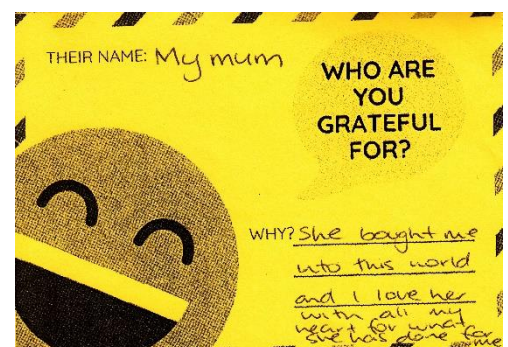
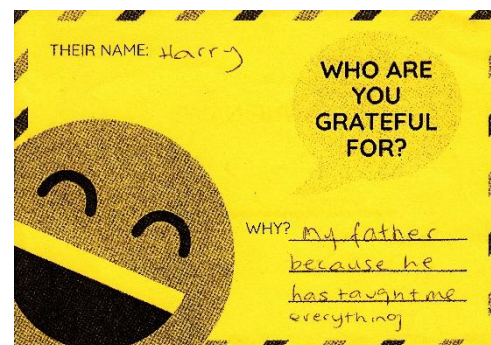
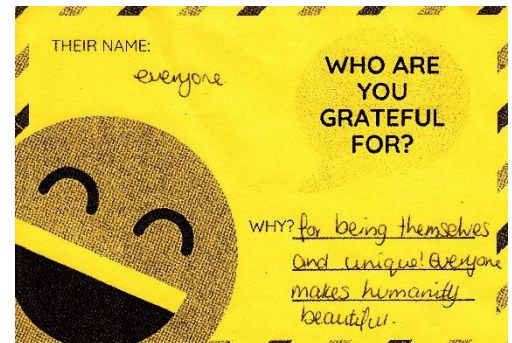
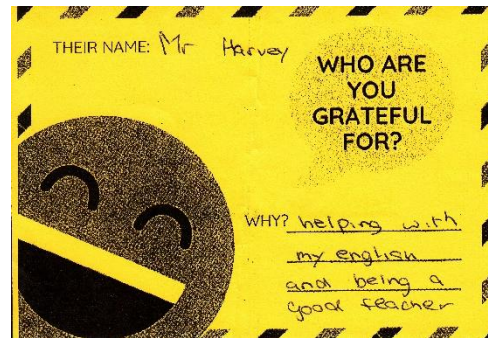
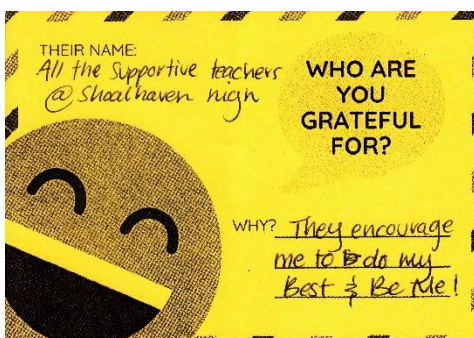
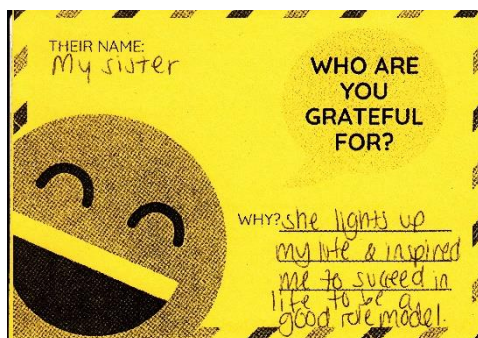
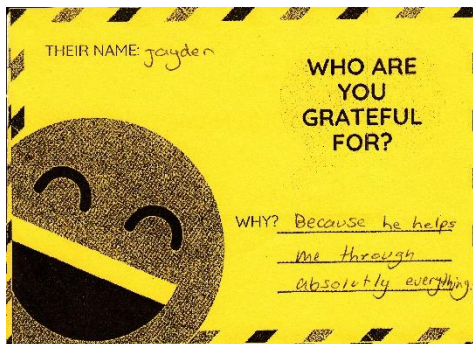
- Increase the amount of sports scholarships available for young people
- Increased provision of sporting facilities e.g. an equestrian centre
- Increase job opportunities to address youth unemployment
- Provide job opportunities for young people that extend further than a part-time basis
- Focus on the development of 'post-school knowledge' whilst in school to provide students with an adequate understanding of life skills, financial skills, tertiary education and employment options
- Provide more tertiary education opportunities for young people, to eliminate the cost of extensive travel and support post-school endeavours
- Increase air-conditioning and improve bathrooms in schools
- Focus on the issue of homelessness within the community and address the issue of affordable housing
- Improve the standard of housing and living conditions for all
- More inclusive education

WHO ARE YOU GRATEFUL FOR?

Gratitude leads to happiness. As a part of our library promotion on happiness late last term, we ran a competition whereby students nominated people they were grateful for in their lives. With over a hundred entries, our students were most grateful for their parents and teachers, friends and family and supportive community members. We were particularly impressed by the amount of love students have for their own siblings as role models.

We congratulate our winners who were drawn at random from the entry box!

Sophie D, Storm T, Charmaine G, Amber H, Alexis C, Emma W, Kiplan F, Megan B, Hayley K, Renae W.



SPORT REPORT

Interschools Equestrian Championships

Sienna G, Malakye B and Jayde L competed in the Interschools Equestrian Championships representing Shoalhaven High School.

Malakye achieved:

- 1st in Pair of Riders with Sienna Goodsell
- 2nd Best Presented
- 2nd Best Beginner Mount
- 1st Best Hands and Seat
- 4th Overall in his division

Sienna achieved:

- 1st Pair of Riders with Malakye Baxter
- 1st Best Presented Horse and Rider

Jayde achieved:

- 1st Best Presented
- 1st Riding Class
- 1st Best Seat and Hands
- 1st Bareback
- 1st 45cm Jumping
- 4th Overall in InterSchools Challenge
- 1st Scudahoe
- 2nd Bend Bar Aft, Double Slalom, One Flag

Well done to the three competitors who represented their school so wonderfully at the 2018 Interschools competition. Keep up the good work!



Sam Wright-Smith - Hockey

Samuel Wright-Smith competed in Under 15 Indoor Hockey State Championships on the Central Coast and the team was successful in winning.

See the full South Coast Register report by following this link

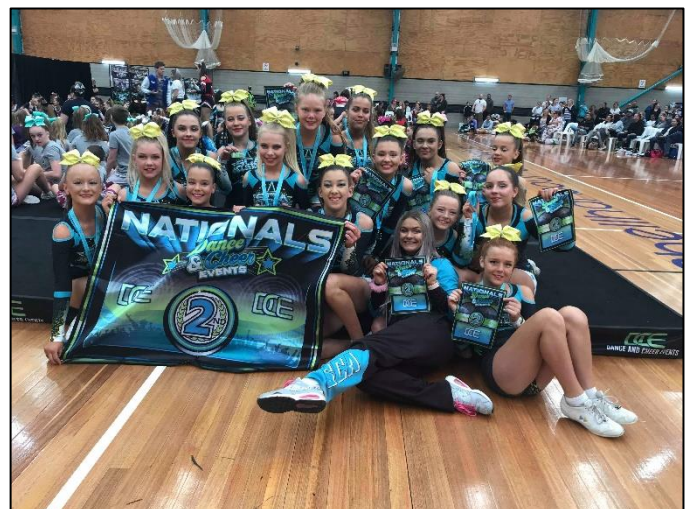
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Photos – South Coast Register

Cheerleading

On Sunday 28 Oct Nataia C of Year 9 competed with her cheer squad the Supernovas from Shoalhaven Cheer Academy in the Australian national titles in Shellharbour. The team achieved 2nd place in the seniors section. Nataia had only joined the team 5 weeks prior to competition. Her team and coach are amazed at her strength and ability to pick up a routine in such a short time.



Photos – Tracey Cook

Girls Rugby League

On Tuesday 25 October, Shoalhaven High School's U14s and U16s girls teams travelled to Albion Park to compete at annual Sam Bremner Tackle Day.

Both teams showed determination, teamwork and great sportsmanship throughout the day.

For most of the junior girls, it was their first time playing tackle and they should be very proud of their efforts. In the first game, the girls played a very strong and quick Warilla High School. For the girls, even though they did not get the win, it was a great learning curve understanding the game and showed, for the next game, what they needed to improve on. In the second game against Kanahooka High School, it was a completely different game, the nerves were gone and the Shoalhaven High girls came out firing. With a few big hits, some big runs and great teamwork the girls had a huge improvement from the first game. Unfortunately, it came down right to the last dying seconds where Kanahooka High School broke the line to place them in the lead.

The U16s team showed class and great sportsmanship across the two games. The first game was against Bulli High School where both teams showed great teamwork and skill across the field. Unfortunately, for the girls they went down. However, they should be very proud of their efforts on the field, for each other and for never giving up.

Up next was Vincentia High School. Both teams showed big hits, great ball work and great speed. Although the game was called off due to injury, the skill that was shown in the first half was outstanding and the senior girls should be very happy with how they conducted themselves.

Both teams should be pleased of their efforts and the way they represented themselves and the school on the day.

Girls Tag VS Nowra High

At the end of last term Shoalhaven High School Girls League Tag team played Nowra High School. The game was played for a bit of fun but also for local bragging rights. It was a great day and was a lot of fun. As a team, we played really well together showing great tagging skills, as well as demonstrating great sportsmanship. A special mention to Shaylee Meehan who finishes Year 12 this year. She proved she was in a league of her own with her outstanding skills and

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ability, having a hand in most of our tries of the day. Overall, it was great to see the support from everyone at school cheering us on and it was fantastic to beat Nowra High School 24-4 on school grounds.



Bernie Regan Sport Awards

Congratulations to Sam Wright-Smith, Jasmine Greenwood and Alexis Charalambous who received awards at the Bernie Regan Sporting Trust award presentation last night. Jasmine got the top award and Sam also got a grant.



Year 7 Gala Day

On Friday 14 September, Year 7 participated in the Zone Gala Day. They participated in a variety of sports including Volleyball, Soccer, Touch Football and Netball. The aim of this day is to bring together all the schools in our zone to participate in sport in a non-competitive, social environment to help build interschool networks and relationships. All participating teams experienced mixed success, but the volleyball team only conceded one loss on the day. All students are commended on their participation and sportsmanship on the day, as they represented Shoalhaven High School very well. Thank you to all staff and students who participated on this very successful day.



UOW Innovation Exhibition

Last week students from Year 9, 10 and 11 attended the UOW Innovation Exhibition that displayed students work in the UOW School of Electrical, Computer and Telecommunications Engineering. The project themes were based around developing technology related to

- Dementia
- Parking in and around Wollongong
- Interconnecting systems that can change devices or improve environments from a remote distance
- Latest research in Electrical, Computer and Telecommunications Engineering.




The students, Mr Buchan and Mrs Rosskelly discovered great ideas and presentations and spoke to very talented engineers. They have enjoyed a discovery tour around the Wollongong Campus.




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

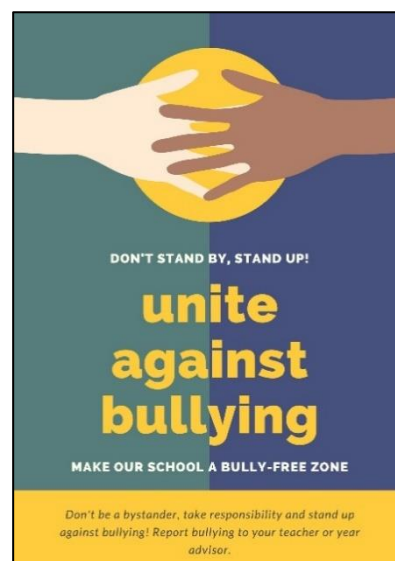
The Shoalhaven High School Uniform Policy is found on our School website under 'Our School' or click on the link

[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?](#)



Education &
Communities

Public Schools NSW

Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time

- ensures that students do not miss out on important learning activities scheduled early in the day
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class
- reduces classroom disruption.

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance e.g. attending a funeral.

Following an absence from school you must ensure that within **7** days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within **2** days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court
- Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a *Compulsory Schooling Order*.

The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

Further information regarding school attendance can be obtained from the following websites

Policy, information and brochures

<http://www.schools.nsw.edu.au/studentsupport/programs/attendance.php>

The school leaving age

<http://www.schools.nsw.edu.au/leaving-school/index.php>

For further advice contact

Educational services

T 131 536

Learning and Engagement

Student Engagement and
Interagency Partnerships

T 9244 5356

www.dec.nsw.gov.au

Do you need an interpreter?

If you need help with English and would like further information please call the Telephone Interpreter Service on **131 450** and ask for an interpreter in your language. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

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NSW Department of Education

CAREERS NEWS

Year 9 Work Experience 3 to 7 December

All Year 9 students are encouraged to participate in work experience during Week 8 of this term. All students have received their work experience package and should be contacting potential employers for the activity.

The work experience document should be returned to the Careers Hub by Friday 16 November.

Student who return the completed documents by this date will be rewarded for their organizational skills.

Students not participating in the program will be in a class at school.

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

Work Smart Activities

Work Smart is opportunity for students to experience and develop work related skills and qualifications. All Year 10 students are encouraged to participate.

Year 10 have a blue Work Smart information sheet and permission note for activities.

Student are to return the permission sheet to the front office as soon as possible, even for free courses.

Many courses are at no cost and some are limited in numbers. The students will have a position in a course in order of the returned and signed notes.

Activities outside school require a separate permission note.

WHS Construction Induction (white card)

Thursday 15 November - \$80

Rural Fire Training

Monday to Friday 19 to 23 November - free

Careers in various Defence support industries @ Nowra Aviation Park

Wednesday 28 November - free

Careers in Emergency Services @ PCYC

Police, Ambulance, Fire, SES, Marine Rescue

Thursday 29 November - free

Coffee Preparation @ School

Monday 3 December - \$10

Make Up and Skin Care with Imagine You

Tues 4 December (Periods 1-4) - \$15

Typing skills and certificate

Wed 5 December (Period 5 and 6) - free

Safer Driving Skills and Rules

Thurs 6 December (Period 6) - free

Senior First Aid

Mon & Tues 10 and 11 December - \$65

Our school Work Smart program subsidises courses for students - \$20 for both WHS Construction Induction (generally \$100) and First Aid (generally \$85).

Please see the Careers Hub for further information about any of these programs.

The 2018 National Adolescent Vaccination Program

Year 8 students who missed a vaccination in 2018 will be able to complete the program in 2019.

Year 10 will receive the free meningococcal vaccination on 23 May 2019.

University of Wollongong Summer Master Class

Applications are open.

Students can apply at

<https://www.uow.edu.au/in2uni-myway/year12summer>

Summer Master Class is aimed at high achieving students, who are in Year 11, going into Year 12 next term.

Some benefits of the program:

- Students get a chance to participate in lectures, tutorials and labs.
- Guaranteed Early Admission interview with the faculty they complete the Summer Master Class Program with.
- Credit towards a UOW degree, that could make them eligible to skip a subject during their degree.
- Chance to secure a scholarship in their first year of study (with In2Uni scholarships).

The cost of the program is \$400, but there are sponsored places making the program free. Shoalhaven High School students are eligible for sponsored positions.

There are 8 courses running at the Wollongong campus and the list can be found here.

<https://www.uow.edu.au/in2uni-myway/year12summer/UOW236097.html>

Applications are to be completed this term.

See Ms Rosskelly or Ms O'Neile in the Career Hub for more details.

2019 STEM Camp for Girls @ UOW

At the 2019 STEM Camp for Girls you will participate in hands-on workshops and industry visits, exploring themes of 'sustainability', 'renewable energies', 'humanitarian aid', and 'biomedicine', learning more about the various fields of Physics, Engineering, Maths, and Information Technology. You will meet STEM industry leaders and discover their contributions towards shaping a better world. The Camp will also provide an opportunity for you to find out what it's like to study STEM degrees at university and meet other women with similar interests from around NSW and the ACT.

Where and when:

The Camp will run from Sunday afternoon January 13 to Wednesday afternoon January 16 2019. Camp participants will stay (in small groups) at a UOW student residence with a live-in student leader, a young woman who is a UOW STEM student or a recent graduate.

The Camp fee of \$260 (Incl. GST and booking fee) covers all meals, accommodation and activities during the Camp. More information:

<https://eis.uow.edu.au/stem-camp-for-girls/index.html>

UOW Wollongong Campus Discovery Day

Friday 8 February 2019 (7.15am to 4pm)

Discovery Day at UOW gives 2019 Year 12 students the opportunity to experience a day at university.

Students receive a personal timetable and attend lectures and workshops as if they were university students. At lunchtime there is plenty happening to give students an insight into the life of a university student.

MUST REGISTER ONLINE

For registration and information:

<https://discoveryday.uow.edu.au>

Initial password is homework447

Early registration will ensure placement in selected workshops and lectures.

UOW provide a bus so NO COST to students or our school.

LOOKING FOR A JOB?

Useful sites if you are seeking employment -casual, part time or permanent .

ADZUNA and SEEK

Register for a job alert for casual, part time or permanent jobs

Apprenticeships

Electronic and Communication – Shoalhaven City Council

Spare Part Interpreter (Nowra)

Sign writer (Nowra)

Bakery (Nowra)

School Based Traineeships

(Opportunity for a Year 10 student)

Hungry Jacks

KMART – Nowra (Indigenous student)

UOW Shoalhaven Campus - Administration (Indigenous student)



SHS UNIFORM SHOP



**OPEN DURING TERM
TIME:**

MONDAY AND THURSDAY

9AM - 1PM

EFTPOS OR CASH ONLY!

**STUDENT ASSISTANCE IS
AVAILABLE FOR ELIGIBLE
PARENTS**

COMMUNITY NEWS

Rotary Helps Farmers

On Saturday 3 November, it's time to pull together. Right now our Farmers are doing it tougher than any other time in living history. The Farmers 5K is a 5km walk, jog, skip or run along the beautiful Huskisson coastal path to support our local Farmers that are in need. We are aiming to raise \$10,000 and all proceeds of the event will be distributed to local farmers by Rotary Nowra. Kids are \$15 and Adults \$20 a small gesture to support the backbone of our community. It will be a great community feel free to bring the pram and the pooch, this event is for the entire family. For more information and to get your entry visit this link <https://www.eliteenergy.com.au/event/farmers-5k-charity-fun-run/>.



CHILAX

Relaxation and Visualisation for Children and their Parents

Family life is very busy with many demands and expectations. Without giving time to relax and rejuvenate, this can cause stress. It is difficult to prolong this high level of activity over a long period of time without illness or fatigue for children and for parents. This program aims to release stress and build self-esteem.

If you are noticing signs of stress or anxiety within your family, you may be interested in *Relaxation and Visualisation for Children and their Parents (Chilax)*. This program for both children and their parents offers time, space, support and opportunity to let go of stress and build strong sense of self. The desired age range is 4 years to 10 years.

The core of the program is storytelling. Using visualisation, imagination and mindfulness, we co-create a story that nurtures our sense of self, builds self esteem and grows happiness.



The program will

- create a supportive, calm, nurturing environment
- use breathing practices to relax, calm and balance our body, mind and emotions
- use qigong practices to release tension, stress, tiredness or excess energy
- use mindfulness techniques to focus on our body, emotions and breath
- use relaxation techniques to calm and settle
- use listening skills to focus on a told story that offers gaps to be filled by individual imagination
- use imagination to co-create a story by drawing from individual point of view, interests, meaning and uniqueness.
- use imagination to visualise an internal happy place, where the person feels very nurtured, accepted, calm and values them self.

Chilax

Relaxation and Visualization leads to calm, happy children with vitality and strong self-esteem.

The additional educational benefits of *Chilax, Relaxation and Visualisation* are the enhancement of literacy through storytelling, cognitive growth, imagination and creativity.

This program will run as an after school activity in small groups.

If you would like to register your interest, ask questions and be on the mailing list, please contact Colleen Langan. An information and introductory session is being planned.

Email. colleenroselangan@gmail.com
Ph. 44460345 or 0410460345

Biography: Colleen Langan



Colleen Langan is a semi-retired Early Childhood Teacher, TAFE teacher and University tutor. She has worked with children and their parents for many years.

Colleen brings a lifetime of experience and passion for quality education for children. Her focus draws together her passion for storytelling and children's literature and understanding of children's development.

Colleen believes that we can assist children to build strong self-esteem and emotional intelligence. These are foundational elements for learning and happiness. Colleen draws together her educational background and

her passion and practice of meditation, yoga, qigong, and energy healing.

Colleen currently teaches meditation and energy healing. Colleen has a Master of Arts in Literature and Writing, Graduate Diploma of Children's Literature and Diploma of Teaching, Early Childhood.

You've never been more needed

CareSouth needs local foster families

1300 554 260
caresouth.org.au



EVERYDAY
CareSouth



STUDY AT TAFE NSW YOUR WAY!

TAFE NSW is seeking Expressions of Interest for **proposed short courses** in November and December. Please share this information with your students/clients.

We encourage interested people to respond by 8th November so that course details can be confirmed.

Fees and eligibility to enrol.

A fee applies for most TAFE NSW courses and must be paid when you enrol. The amount you pay depends on the type of course you study, and on your personal circumstances. Depending on your personal circumstances, you may be eligible for a fee discount or fee exemption. Please contact 13 1 601 for further information.

To be eligible to enrol you must be:

- 15 years old or over
- no longer at school
- live or work in NSW
- an Australian citizen, Australian permanent resident, humanitarian visa holder or New Zealand citizen

To register your interest please call 131 601

Pre-Apprenticeships

Pre-Apprenticeship	Location	Course duration	Dates	Days
Wollongong	Fabrication	3 days a week for 3 weeks	21st November 2018 to 7th December 2018	Wednesday, Thursday and Friday
Nowra	Fabrication	3 days a week for 3 weeks	21st November 2018 to 7th December 2018	Wednesday, Thursday and Friday
Moss Vale	Fabrication	3 days a week for 3 weeks	21st November 2018 to 7th December 2018	Wednesday, Thursday and Friday
Yass	Fabrication	3 days a week for 3 weeks	21st November 2018 to 7th December 2018	Wednesday, Thursday and Friday
Bega	Fabrication	3 days a week for 3 weeks	21st November 2018 to 7th December 2018	Wednesday, Thursday and Friday
Wollongong	Fitting and Machinery	3 days a week for 3 weeks	20th November 2018 to 6th December 2018	Tuesday, Wednesday, Thursday
Wollongong	Electrotechnology	5 weeks (3 days per week)	23rd January - 22nd February 2019	Wednesday, Thursday and Friday

Introduction to Industry

Introduction to Industry	Location	Course duration	Dates
Cafe skills	Bega	1 week (5 days)	3rd December 2018 - 7th December 2018
Cafe skills	Cooma	1 week (5 days)	3rd December 2018 - 7th December 2018
Cafe skills	Goulburn	1 week (5 days)	3rd December 2018 - 7th December 2018
Cafe skills	Moruya	1 week (5 days)	19th November 2018 - 23rd November 2018
Cafe skills	Moruya	1 week (5 days)	21st January 2019 - 25th January 2019
Cafe skills	Moss Vale	1 week (5 days)	3rd December 2018 - 7th December 2018
Cafe skills	Nowra	1 week (5 days)	12th November 2018 - 16th November 2018
Cafe skills	Nowra	1 week (5 days)	4th February 2019 - 8th February 2019
Cafe skills	Wollongong	1 week (5 days)	3rd December 2018 - 7th December 2018
Cafe skills	Ulladulla	1 week (5 days)	26th November 2018 - 30th November 2018
Cafe skills	Ulladulla	1 week (5 days)	11 February 2019 - 15 February 2019
Nursing	Shellharbour	1 week (4 days)	10th December 2018 - 13 December 2018
Nursing	Batemans Bay	1 week (4 days)	10th December 2018 - 13 December 2018
Nursing	Queanbeyan	1 week (4 days)	10th December 2018 - 13 December 2018
Business Administration	Wollongong	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Shellharbour	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Nowra	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Ulladulla	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Moruya	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Bega	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Yass	1 week (5 days)	10th December 2018 - 14 December 2018
Business Administration	Queanbeyan	1 week (5 days)	10th December 2018 - 14 December 2018
Bar Skills	Wollongong	1 week (5 days)	10th December 2018 - 14 December 2018
Autobody	Wollongong	2 weeks (10 days)	Monday 3rd December 2018 - Friday 14th December
Construction	Wollongong	5 days wk1, 4 days wk2	Monday 3rd December 2018 - Thursday 13th December
Construction	Goulburn	5 days wk1, 4 days wk2	Monday 3rd December 2018 - Thursday 13th December
Construction	Moruya	5 days wk1, 4 days wk2	Monday 3rd December 2018 - Thursday 13th December
Construction	Nowra	5 days wk1, 4 days wk2	Monday 3rd December 2018 - Thursday 13th December
Bricklaying	Moruya	4 days a week for 2 weeks	Monday 3rd December 2018 - Thursday 13th December
Bricklaying	Queanbeyan	4 days a week for 2 weeks	Monday 3rd December 2018 - Thursday 13th December
Bricklaying	Wollongong	4 days a week for 2 weeks	Monday 3rd December 2018 - Thursday 13th December

ETO 90006

To register your interest please call 131 601.

SUMMER SEASON NOW OPEN

Bay and Basin Amateur Swimming Club is a family focused club that meets Friday nights at the Bay and Basin Leisure Centre, Wool Rd, Vincentia. Swimmers of all abilities are welcome and your first trial night is free. We have swimmers ranging in age from 4 to 16.

Registration fees apply if you join up and are valid for the year. \$pm for entry registrations for a 5.30pm start.

Summer Season (weekly): October - March
Winter Season (fortnightly): April - September

Bay & Basin Amateur Swim Club
W: www.bayandbasin.swimming.org.au
E: bayandbasinasc@gmail.com

If interested please come along, or call our Registrar Jodie 0420 853 016



NOWRA WARRIORS JUNIOR RUGBY LEAGUE FOOTBALL CLUB

PO Box 876
Nowra NSW 2541

The Nowra Junior Warriors invite you to join them in the 2019 NRL season.

We cater for ages from 6-16 for both boys and girls with training sessions 2 nights a week and a Saturday game against other local clubs.

If you're interested in making some friends, having some fun, getting active and playing some football, then come and join us.

Active kids vouchers are also welcome to register with our club, we would be delighted to have you join our team.

For more information please contact us at any time.

Kind regards

Erin Scharfegger

Secretary of the Nowra Junior Warriors

Ph: 0422245222

Email: juniowarrior@outlook.com



Photos of our under 7's side 2018 season



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.