

# Shoalhaven High School - Newsletter

Respect, Responsibility, Safety and Participation



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[www.shoalhaven-h.schools.nsw.gov.au](http://www.shoalhaven-h.schools.nsw.gov.au) [www.facebook.com/shoalhavenhigh](http://www.facebook.com/shoalhavenhigh)

2019 Term 1 Week 4

Friday 22 February 2019

## PRINCIPAL'S MESSAGE

Welcome back to another school year. 2019 promises to be a great year for all our students and we are expecting all of them to strive to achieve their goals, both educational and personal. The first four weeks have just flown by with great activities and opportunities for all our students to take part in to enhance the school experience. I would like to welcome Ms Deborah Hargraves to our executive team as the Relieving Head Teacher Wellbeing for Term 1.

During Week 2, we held our annual swimming carnival and it was a great success. Attendance was great and the participation was even better. All students who participated in an event have been invited to attend our annual Jamberoo Recreation Park excursion, which is being held this Friday 22 February. Special congratulations to our Commonwealth Games Representative, Jasmine Greenwood, who broke school records for all her events.

I would like take this chance to congratulate Mr McNeil for his organisation of the carnival and all the staff and students who made the day a great success. Congratulations to all students who made the zone swimming team and competed on Tuesday at the Zone Carnival.

Shoalhaven High School experienced great success in the agricultural aspects of the Nowra Show. The show team gained first place in the biggest pumpkin and other awards in the different aspects including vegetables, animals and artistic areas. Well done to Mr Wilson, Mr Kliendienst and our Agricultural students for this great success. Our Visual Arts students also had great success at the Nowra Show.

Ms Forbes took a great group of students to Sydney to experience the Chinese New Year. From all reports they had a great time and even showcased some of their singing talents in the form of Karaoke.

Our first P & C meeting will be held next Thursday commencing 4:30pm in the school Library. I would like to invite any new and current parents to attend and join the P & C. They do a great job in supporting our students and the school to enhance all students experience at school. Please join us and become a member to show your support for our school community and students.

I look forward to a great school year and working with all our families to enhance our school community during 2019.

**Damian Rees, Relieving Principal**

## SHOALHAVEN EDUCATION FUND SCHOLARSHIP

Year 12 graduate from 2018, Kirralee Pearson receiving her Shoalhaven Education Fund Scholarship from Mayor Amanda Finley. The scholarship funds will support her in her studies of at UOW in a Bachelor of Education in 2019.

Taylor Hancock also received a scholarship and will be studying a Bachelor of Environmental Science at UOW commencing in 2020.



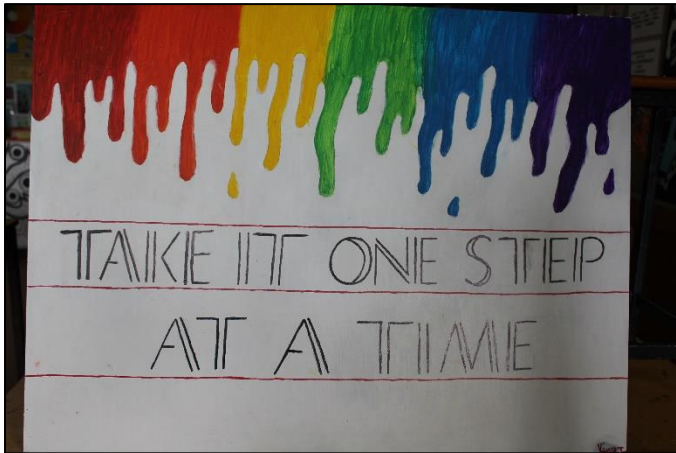
**2018 AWARDS DAY ASSEMBLY**  
Congratulations to all awardees.





## 2018 END OF YEAR ACTIVITIES

Congratulations to our talented artists who designed and painted some amazing murals. Students were encouraged to include a positive message to share with others.









## ZOO SNOOZE

On the 18 and 19 December 2018, 20 students and 5 staff from the Support Unit travelled to Sydney by train to participate in the Taronga Zoo ZooSnooze sleepover. They arrived in Sydney and had a Chinese meal for lunch in Chinatown then a tour of the China Town and the Friendship Gardens.



They then travelled by ferry to the Zoo where they met with zoo keepers and toured around the zoo after hours.



After dinner, the zoo keepers brought in some reptiles to the amphitheatre. The group were lucky enough to see the tigers at night. The girls got to sleep in the room with the turtles and frogs and the boys dorm was with the cockroaches and mice display!! The following morning they saw animals



being fed for the morning – giraffes eating their breakfast and the students got to go behind the scenes to view the Tasmanian tigers because their display was being renovated.



Homeward bound - cable car to the ferry, ferry to the train then train to Bomaderry. Everyone had a fabulous time even though there were a couple of bags left behind at times!



## CHINESE NEW YEAR EXCURSION

On 7th and 8th February, our International Studies and Society and Culture students travelled to Sydney to celebrate the festivities of Lunar New Year. It started with a long trip and a sick lion and dragon dance at the Botanic Gardens. Then we sang and danced at Ultimo Community Centre with a Chinese choir who taught us how to sing in Chinese. We travelled to Circular Quay to see the larger than life lunar lanterns and then once our feet were really sore we cranked up the beats at karaoke; bonding over Bohemian Rhapsody and Barbie Girl. On day 2 we headed over to the Chinese Gardens of Friendship where the temple flew high and the koi fish swam low. We ended the day with yum cha and chicken feet, and a beast noodle eater! We had a great time and want to thank our amazing teachers for taking us. We can't wait for next year and finding out who won the photo challenge! Nardia W



## SHS UNIFORM SHOP



**OPEN DURING TERM  
TIME:**

**MONDAY AND THURSDAY**

**9AM - 1PM**

**EFTPOS OR CASH ONLY!**

**STUDENT ASSISTANCE IS  
AVAILABLE FOR ELIGIBLE  
PARENTS**



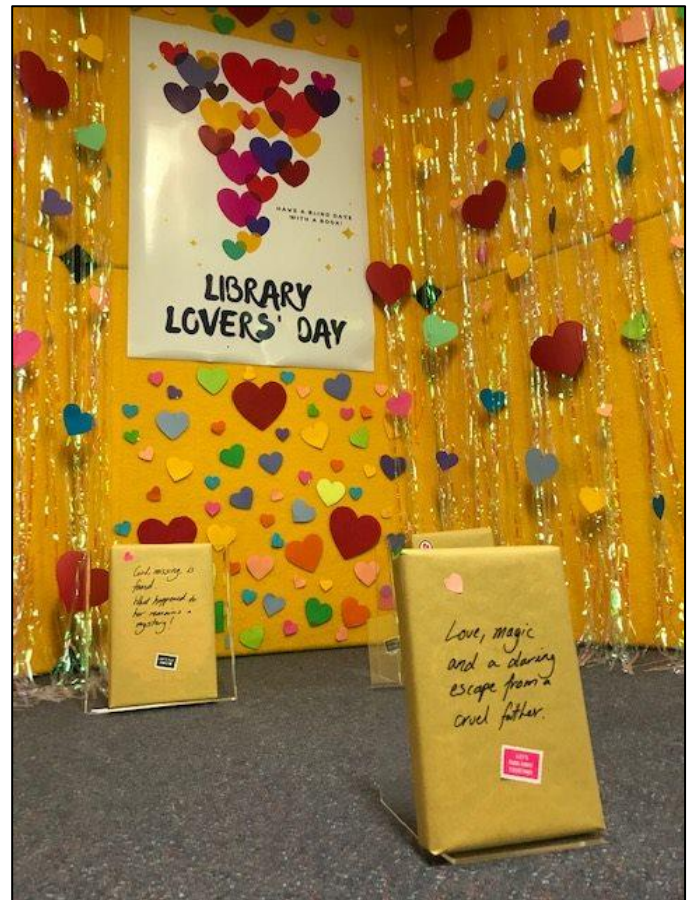
## HOSPITALITY

On 13 February our talented Hospitality students catered for a lunch for 20 South Coast principals. Our Fabulous students were Zach A, Isaac Q, and Braith V.



## LIBRARY

Library Lovers' Day has been a success with a huge number of students borrowing books! Our blind date with a book display has been so popular we even had to wrap extra books.



### Shoalhaven High School Information Evening

For students coming to Year 7 in 2020 and parents/carers

**Tuesday 5th March, 2019 6.00 to 7.00pm**

Shoalhaven High School Hall, 60 Park Road NOWRA EAST

- Come along and find out about the school
- Start the learning journey your child will be on with us from 2020 to HSC Year 2025
- Meet your child's Year Adviser who will help guide your child through the next 6 years
- Find out about the different subjects and take a tour of the school
- Learn about why we are proud to teach at Shoalhaven High School

Our range of courses provides a rigorous academic suite of custom programs to suit university candidates, as well as courses that cater for early career starters, trade and practical options.

For more information please call the SHS Transition Co-ordinator, Jocelyn Fox on 4421 8022



### AIMING HIGHER

Participation, Respect, Responsibility, Safety

SHS is a PBS High School offering value-added learning through:

- High Achieving Key Learning Areas
- Talented Sports Program
- Professional Hospitality Training
- Innovative Industrial Arts
- Leading Creative and Performing Arts
- All-Inclusive Support Faculty



## NOWRA SHOW SUCCESS

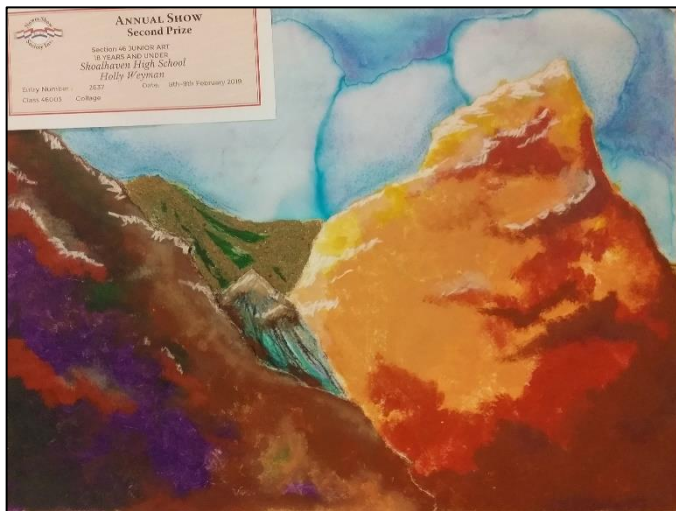
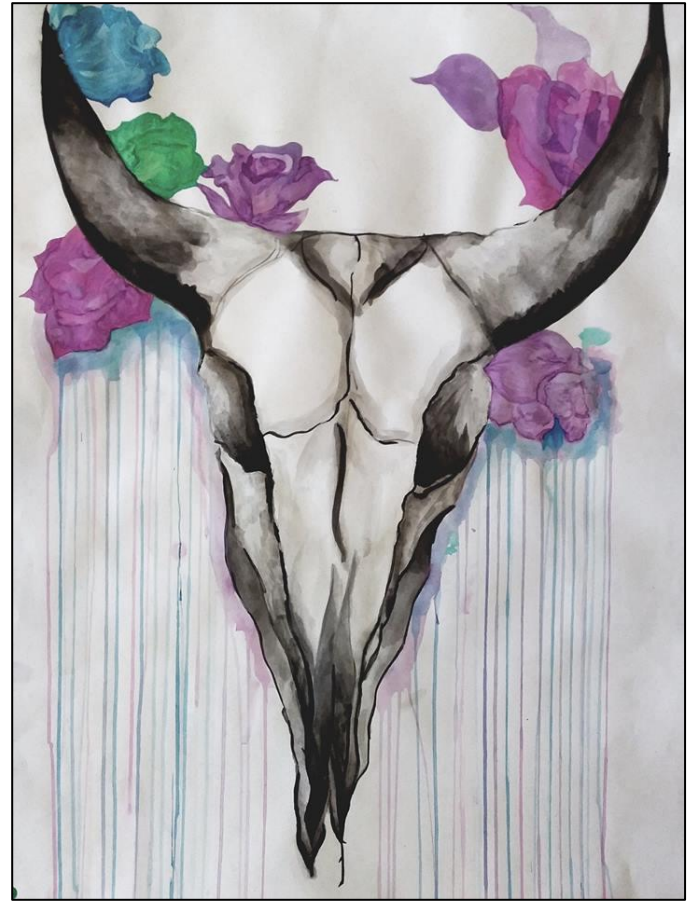
Congratulations to the Visual Arts student who received awards from the 2019 Nowra Show:

Thomas S - First place - Landscape collage

Holly W - Second place - Landscape collage

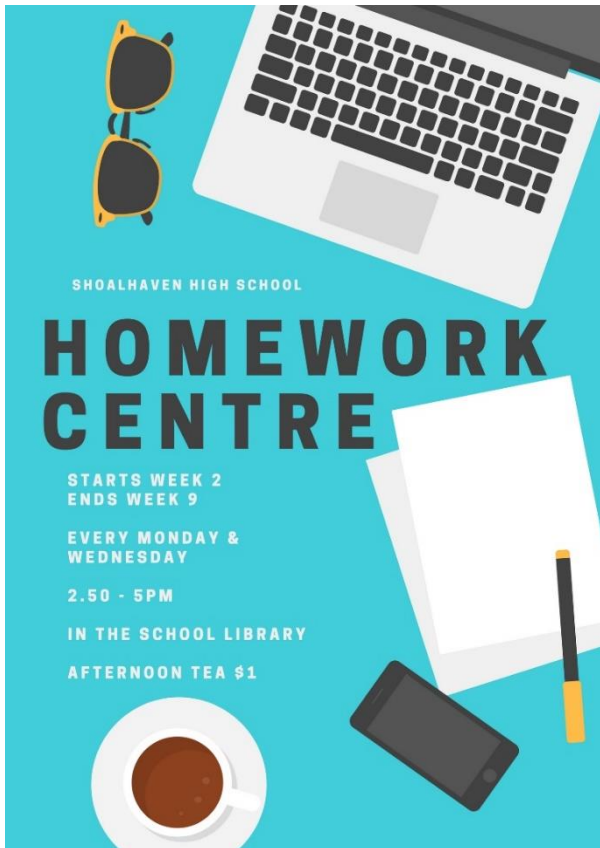
Cherrie W - Highly commended award

Chloe J - Second place - Junior ceramics





## HOMEWORK CENTRE



## BREAKFAST CLUB

Breakfast Club is on before school each Thursday 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.



## RELAY FOR LIFE

Relay For Life Nowra is on March 30 at Nowra Showground. Shoalhaven High School is entering a team again this year. The team name is 'Shoalies'. 'Relay For Life is a fun and moving overnight experience that raises vital funds for the Cancer Council's research, prevention, information and support services. Relay is a chance for the Nowra community to recognise and celebrate local cancer survivors, patients and their carers, to honour and remember loved ones lost to cancer and to raise money to help save more lives.



Join the thousands of Australians who take part in Cancer Council's Relay For Life each year in the fight against cancer: start or join a team in the Shoalhaven Nowra 2019 Relay today!

<https://www.cancercouncil.com.au/event/relay-for-life-shoalhaven-nowra-2019/>

Registration is \$20 online or pay on the day at the registration stand. Students will need a parent with them to register. Please see Mrs Green in the front office for more information or if you want to join the Shoalies team.



## SPORT REPORT

There are lots of different sporting events happening this term so students are encouraged to listen to the notices in the morning for up and coming trials and competitions. Some of these events include:

- South Coast Swimming Carnival on 12<sup>th</sup> March
- South Coast Netball Trials on 26<sup>th</sup> February
- South coast boys and girls Hockey trials on the 3<sup>rd</sup> April
- South Coast AFL Trials on the 5<sup>th</sup> April
- South Coast girls football trials on the 14<sup>th</sup> March
- South Coast boys football trials on the 15<sup>th</sup> March
- South Coast Opens boys and girls touch football trials 22<sup>nd</sup> March

Shoalhaven High will also be playing against other schools in our zone in a variety of CHS sporting competitions this term. U13's, U15,s and opens Rugby League, U14s and U16s league tag, opens boys and girls Basketball, opens boys and girls soccer, opens boys and girls volleyball and u15s and opens cricket are all being played at some stage during the first term.

In addition TSP students in years 8 -11 have the great opportunity of completing both their rugby league refereeing certificate and their league safe accreditation this term. Both courses will be run at school by NRL staff. These courses will enable students to help at primary school galas day during the year as well provide them with qualifications to referee on the weekend and assist their local clubs.

If you are interested in any of these events see a PE staff member for more information.



## SWIMMING CARNIVAL

On the 6<sup>th</sup> February Shoalhaven High School had their swimming carnival. A great day was had by all with fantastic participation and some outstanding performances. Congratulations to all students for their effort and enthusiasm on the day especially to the age champions (listed below) and to those students who qualified for the Zone Swimming Carnival. Special mention and congratulations also goes to Jasmine Greenwood and Charlotte Greenwood for breaking records on the day. Jasmine broke school records in the 200IM, 50m breaststroke, 50m backstroke, 50m butterfly, 50m freestyle, 100m breaststroke, 100m backstroke and the 100m freestyle and Charlotte broke the 13yrs girls 50m butterfly record. Well done!! Congratulations also to the 2019 Swimming House Champions, DOLPHINS

Thank you to everyone that helped out on the day with a special thanks to all the parents/caregivers that came along to support the students.







## Age Champions

### Boys

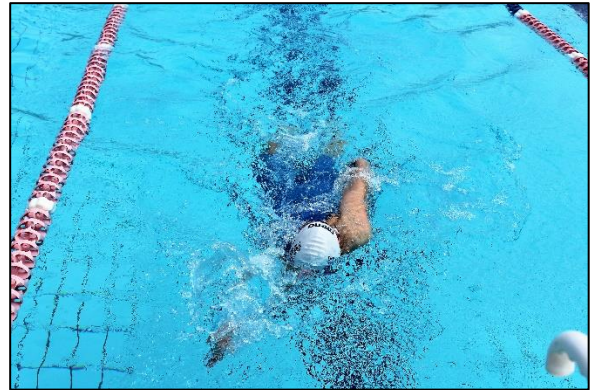
12 yrs	Ethan Reay
13 yrs	Lucas Solari
14 yrs	Jack Atkins
15 yrs	Jack Mitsoulis
16 yrs	Wade Phillip Hands
17 yrs	Nathan Harris

### Girls

12 yrs	Matilda Goodwin
13 yrs	Charlotte Greenwood
14 yrs	Kirra Jackson
15 yrs	Jasmine Greenwood
16 yrs	Charlotte Walker
17 yrs	Hannah Wallace

## House Champions

Dolphins	466
Marlin	354
Sharks	336
Stingrays	286







## ZONE SWIMMING CARNIVAL

A big thankyou to all the competitors and staff who attended the 2019 swimming carnival on Wednesday 19th of February.

Even though Vincentia High School stole our hang out and refused to move, spirits were high and we set up camp right next door to them so we could cheer louder than them and the stage was set for a great day.

A huge congratulations to all the swimmers who attended. They competed strongly and gave everything they had in the tank. Many of our swimmers competed in extra events to fill spots with no competitors.

For the first time in several years, we actually did not finish last. As team manager, I have seen a gradual but constant improvement at the zone level and this is proof that we are on the way up. We achieved this despite having several strong swimmers out with injury or due to other commitments.

The students that deserve a huge mention are the Greenwood girls, Jasmine and Charlotte, Nathan Harris, Marshall Hancock, Hannah Wallace and Maddie Sheldrick. Strong performances also from Josh Banwell, Kirra Jackson, William Dewsbury Love, Ebony Fletcher, Emily McNeil, Evie Finch, Matilda Goodwin, Isabelle Harris, Giorjet Pinkard, Lucas Solari, Jason Tattersall, Baily Allen, Jack Atkins, Charlie Butler, Lucas Charalambous, Lachlan Cawthorne, Kirra Jackson, Anabella Pinkard, Bailey Thurston, Alexis Charalambous, Izabella Dewsbury Love, Lachlan Hollier, Zac Mitsoulis, Anna Cottam, and Wade Phillips Hands.

Congratulations to all involved. Well Done!





## CAREERS

### 2019 National Adolescent Vaccination Program

Year 7 students (boys and girls) have the opportunity to participate in a free vaccination program conducted by NSW Public Health Unit to be held at school over 2 visits.

Visit 1 28th March 2019

Visit 2 31st October 2019

Permission notes and information will be distributed to students in the next week.

Year 8 students who did not complete the 2nd vaccinations in 2018 will also receive their final vaccination on 28th March 2019.

Year 10 will have the opportunity to receive the Meningococcal vaccination as part of the National program this year on Thursday 3<sup>rd</sup> May.

Notes and information from Mrs Roskelly in the Careers Hub.

### Shoalhaven Professional Snapshot Day

Wednesday 6th March

Students from Years 10, 11 and 12 can select and investigate careers in local professional businesses. The day is organized by the Shoalhaven Professional Businesses and Shoalhaven City Council.

- Law and Accounting
- Architecture, Engineering and Planning
- Human Resources, Vet Science and The Arts
- Chiropractic, Physiotherapy/ Community

Services

- Surveying, Property Valuing and Engineering
- Register names and collect more information in Careers Hub

Expression of Interest form due on Tuesday 26th Feb

### Illawarra Careers Expo

Students from Year 11 and 12 are invited to explore industries, training organisations, ADF, and universities at the expo in Unanderra on Wednesday 8<sup>th</sup> May. Cost is \$15.

Our bus leaves at the beginning of Period 2. Register in Careers Hub.

### Workers, Health And Safety (WHS) Construction Induction (WHITE CARD) Friday 31st May

This is the compulsory course for students doing work or work experience on a construction site. Cost \$80 (This includes a \$20 subsidy from SHS funds). Register in Careers Hub.

## UOW University Preparation Program

Applications close 1st March

In 2019 University Of Wollongong (UOW) will continue to offer a suite of programs to your students, one of which will be the Year 12 University Preparation Program (UPP).

In 2019, students taking part in the fully sponsored (no cost to students) UPP can expect to receive the following benefits:

- 20 weeks of mentor-led subject based study assistance
- Face-to-face and online tertiary study skills development
- Assistance completing post-school admissions and UAC online applications
- Mentoring to explore post-high school options, including higher education and pathways options based on your Year 12 academic performance
- Super Study Day events to assist in preparation for HSC exams, admissions interviews and transitioning to tertiary study
- A guaranteed Admission Interview to study at UOW upon completion of the program.

Students considering applying for the UPP should be aware that in order to receive their admissions interview, they must successfully complete the program which includes a minimum of 80% attendance at weekly sessions (16 sessions) and completion of all 20 online modules.

The University of Wollongong will once again offer four University Preparation Program sessions in the Shoalhaven in 2019:

- Tuesday - 4pm – 5.30pm
- Wednesday – 4pm – 5.30pm

Applications for the UPP are now open at [uow.info/yr12prep](http://uow.info/yr12prep)

### ADF GAP Year 2020

Interested in ADF GAP year in 2020?

Register for expression of interest on the ADF site. The applications open in March.

### ANU Applications

Interested in applying for Australian National University?

ANU has a new application process that opens in March.

Check the ANU site for details



## UOW Discovery Day

23 Year 12 students recently experienced life as a university student at UOW Wollongong Campus



## SCHOOL – BASED APPRENTICESHIPS

- Reece Plumbing Nowra - Year 11 student
  - After School Child Care assistant – future position for Year 10 student.
- If interested see Mrs Rosskelly or Ms O’Neile.

## Year 9 Careers

Year 9 will have career lessons in term 1 and 4

- Thinking Careers
- Plans for the future including developing resume, creating a USI and Tax file numbers
- Expectations of Employers
- Preparing for Work

## 2019 Work Experience

Year 10 - Term 3 Week 8 9th to 13th September

Year 9 - Term 4 Week 8 2nd to 6th December

## 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#>

2. Register with SEEK

These site is updated daily.

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

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

## Apprenticeships

- Chef – Nowra
- Civil Constructions - must have drivers license
- SCC - Horticulture
- SCC – Building Maintenance and Cleanin
- SCC – Business Administration

## Australian Defence Force Work Experience

6 x 3 day work experiences with Australian Defence Force are available in 2019. Three of these are in school holidays. This is for Years 10-12 only.

See Ms Rosskelly in the Careers Hub for Expressions of Interest and further information.



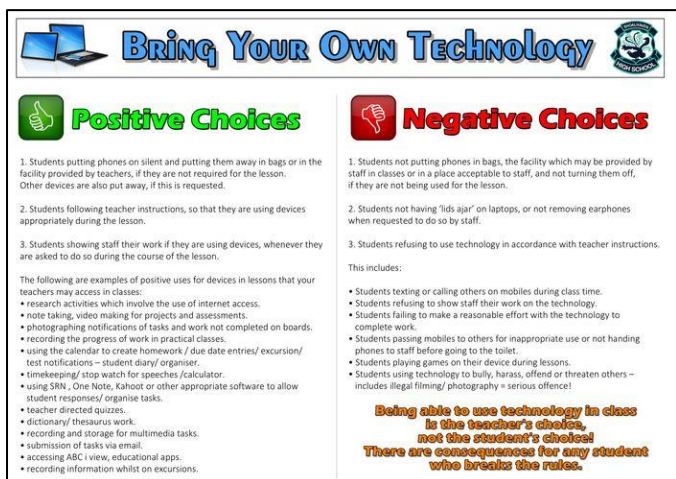


## BRING YOUR OWN TECHNOLOGY (BYOT)

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 i view, 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

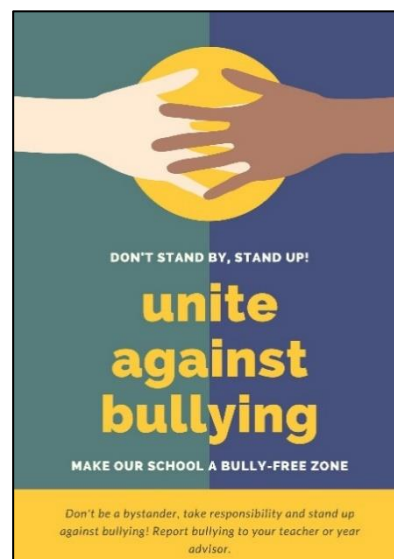
The Shoalhaven High School Uniform Policy is found on our School website under 'Our School' or click on the link

[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

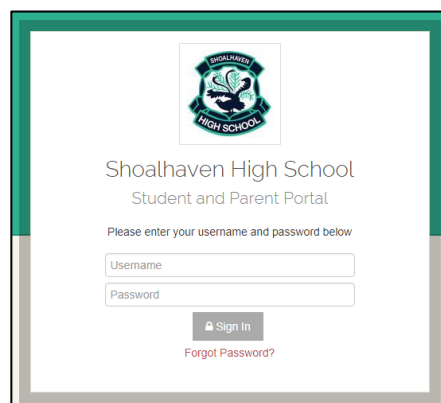
[Anti-bullying Plan](#)



## 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 login screen. It includes the school logo, the text "Please enter your username and password below", fields for "Username" and "Password", a "Sign In" button, and a "Forgot Password?" link.





# 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 and 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/leavingschool/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](http://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



## COMMUNITY NEWS



ALL REGISTRATIONS ARE NOW OPEN !!!!

FIND YOUR CLUB AND JOIN US FOR THE 2019 SEASON

Albatross NC - [albatrossnc.nsw.netball.com.au](http://albatrossnc.nsw.netball.com.au)

Gems NC - [gemsnsc.nsw.netball.com.au/](http://gemsnsc.nsw.netball.com.au/)

Jervis Bay NC - [jervisbaync.nsw.netball.com.au](http://jervisbaync.nsw.netball.com.au)

Lyrebird NC - [lyrebirdnc.nsw.netball.com.au/](http://lyrebirdnc.nsw.netball.com.au/)

North Nowra Bomaderry NC - [nbnbc.nsw.netball.com.au/](http://nbnbc.nsw.netball.com.au/)

Rebels NC - [rebelsnc.nsw.netball.com.au](http://rebelsnc.nsw.netball.com.au)

Saints NC - [saintsnsc.nsw.netball.com.au](http://saintsnsc.nsw.netball.com.au)

## THE RAINBOW ROOM

A safe and friendly space, where people from every colour of the rainbow are welcomed and accepted, activities, good music and chillout zones.

Fortnightly from the  
5th of February  
4.30 - 8.30 pm  
Ages 12 - 17.



For more information please call 44221988 or  
Email: [admin@nowrayouthcentre.org.au](mailto:admin@nowrayouthcentre.org.au)

@ The Youthie  
Nowra Youth Centre  
132 Kinghorne St.  
Nowra, 2541



Physie fuses dance, ballet and exercise in the one affordable class. For girls 3 years to ladies 60+ years. Classes at Vincentia Primary Hall. See website for class times. [www.physicalculture.com.au](http://www.physicalculture.com.au)

CONTACTS:  
Jaclyn: 0422 458 485  
Amie: 0405 438 057  
[jervisbayphysie@gmail.com](mailto:jervisbayphysie@gmail.com)  
[www.jervisbayphysie.com.au](http://www.jervisbayphysie.com.au)

EXPRESSIONS OF INTEREST FOR 2019 CLASSES NOW OPEN!!

We are a registered Active Kids provider!



Active Kids and Creative Kids are programs designed to encourage more children to participate in sport, active recreation and creative and cultural activities. Each year, parents, guardians and carers can receive a \$100 voucher to go towards both creative and physical activities for school aged children. That's \$200 worth of savings per year for each child.

A Creative Kids voucher will help parents to cover some of the registration, participation and tuition costs on activities such as singing, drama, coding, languages, music, writing, drawing and photography.

The Active Kids voucher can be used on sports, fitness and physical activities for registration, participation and membership costs.

The vouchers can be used once with an approved provider. To find out more, parents need to visit <http://service.nsw.gov.au>.







EMPOWER ME PROGRAM INC. PRESENTS

## The South Coast Women's & *Teens* EMPOWERMENT EXPO 2019

*'She turned her cant's into cans and her dreams into plans.'*

SATURDAY 9<sup>TH</sup> MARCH 2019  
9:00AM - 3:00PM  
SHOALHAVEN CITY TURF CLUB

Tickets \$25 each which includes:  
Registration to workshops, entertainment, empowerment talks, market stalls and giveaways.  
Tickets can be purchased at:  
<https://www.empowermefoundation.com> or email  
[empowerme2015@outlook.com](mailto:empowerme2015@outlook.com)







The Empower Me Program in will be hosting the first ever Empowerment Expo and we would love for your students to attend.

Empower Me supports local girls in the Shoalhaven community by providing programs and camps to build on their self esteem, positive body image, resilience and anti bullying!

The Expo provides an opportunity for women and teens to engage in workshops, empowerment talks and have access to local businesses and stalls.

### Bomaderry Junior Football Club (AFL)



Bomaderry JAFc are seeking boys and girls wanting to play AFL football in 2018 we are offering:

- Auskick (Under 5-Under 7) for girls and boys – on Thursday afternoons 4:30 to 5:30 at Artie Smith Oval Bomaderry
- Junior competition football for Under 9's,11's, 13's, 15's and 17's for Mixed, Girls and boys, training 4:30 to 6:00pm Thursdays at Artie Smith oval. With games on Sundays.
- Further opportunities with Representative selections and elite Academies ran by AFL South Coast.

Registration is on Sunday 3rd of March from 10am-12pm at Artie Smith Oval Cambewarra road Bomaderry (opposite Bomaderry pool). Or any training session from the 7th of March onwards.

For further information, please contact Junior President David Morrison on 0438603559 or by email at [bomaderryjafc@gmail.com](mailto:bomaderryjafc@gmail.com)



## Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:	VENUE:	BOOK NOW ON:
<b>6.30pm-8.30pm</b> Wednesday • 20 February • 13 March	<b>Bomaderry High School</b> 127 Cambewarra Road Bomaderry	To secure your place, phone Shoalhaven City Council on <b>(02) 44 29 3484</b>

Helping learner drivers become safe drivers







**Gender & Sexually diverse young people 16-21years.**  
Along with our Peer Facilitators, A Safe Space to support & create the right space, content & programs

**FREE: FORTNIGHTLY GROUP @ headspace Nowra 4-6pm**

Call 44215388  
skettlewell@gph.org.au  
FB: headspacenowra

**2019 DATES:**  
6th FEB 2019  
20th Feb  
6th March  
20th march  
3rd April




**BUY TICKETS ONLINE NOW!**

**wings over illawarra**  
The Sydney Airshow

**4 - 5 MAY 2019**

Illawarra Regional Airport, Albion Park  
Gates open 9am | See website for details

**FEATURING:\*** CLASSIC WARBIRDS – RAAF FIGHTER JETS AND HEAVY LIFT AIRCRAFT – ARMY AND NAVY HELICOPTERS – AEROBATICS BY SOME OF AUSTRALIA'S LEADING PILOTS – HISTORIC FLYING AND STATIC DISPLAYS – HUGE CARNIVAL - FREESTYLE MOTORCROSS - AND MUCH MORE

**ALL INCLUDED IN THE ONE LOW ENTRY TICKET PRICE!!**

[wingsoverillawarra.com.au](http://wingsoverillawarra.com.au)

Strategic Sponsors: NSW GOVERNMENT, IT'S ON! IN NSW, VIVA Energy, AVIATION, FLY CORPORATE, McDonald's

**Culburra Dolphins Rugby League Football Club**

Culburra Dolphins Rugby League Football Club will be holding a registration day on Saturday 2nd March at Crookhaven Oval from 10am-11am.



All new and returning players are welcome. Please bring a copy of child's birth certificate if registering. Players can also register by going to [www.playnrl.com](http://www.playnrl.com) and follow the prompts. Please activate your Active Kids Voucher before registering.

headspace Nowra  
Is recruiting young people to become members of




**2019 Best year yet!**  
Fortnightly Wednesday  
4:30-6pm  
Starting: 16<sup>th</sup> Jan 2019



**Are you...**  
...aged between 16 and 25?  
...passionate about health, mental health and other issues that are important to young people?  
...interested in health promotion, contributing To headspace service delivery and much more?  
...wanting to have a say about issues for young people in your community?  
...motivated to participate on an ongoing basis?  
...ready to make a difference in the lives of local young people?  
...keen to meet most fortnights?

Then contact Sam at  
skettlewell@gph.org.au or 44215388.

**New and current Members WELCOME**







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.