

The Summit Times

A World Class School

Ulladulla High School
Principal Relieving:
Deputy Principals:
Ms Elise Waser
Mr Gerard O'Keeffe
Mrs Anita Barry
Mrs Jacki Morgan
Mr Vaughn Littlejohns

Glen Kingsley

Year 9 and 12

Year 7 and 10

Year 8 and 11

Deputy Inclusion

Deputy Principal



Week 7A Term 4, 25 - 29 November, 2024

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UHS Hosts 4C's Transforming Schools Network Day

Last week, Ulladulla High School proudly hosted the 4C's Transforming Schools Network Day, marking the culmination of a year-long professional learning journey undertaken by several UHS staff. This event provided an opportunity for our teachers to deepen their understanding of the 4C's framework, refine their practices, and engage in meaningful collaboration with educators from across the Shoalhaven, Sydney, and even as far as Dubbo. The two-day event centred on *Wellbeing* and explored innovative approaches to enhance student learning while fostering resilience and overall wellbeing. Through workshops, discussions, and shared insights, participants focused on

reimagining education to better support students as they navigate school and prepare for their futures. A highlight of the event was a student-led



panel featuring an number of Year 8-10 students, who thoughtfully responded to questions from both the host and attending teachers. The students shared their perspectives on wellbeing, highlighting what they believe is essential to nurture a positive school environment and meet their wellbeing and learning needs. Their candid and mature responses provided insights for staff, sparking conversations on how schools can better support and gave students a voice around their own Wellbeing. The participating students represented Ulladulla High School phenomenally, earning praise from both UHS staff and visiting educators. Their contributions were a testament to the strength of our school community and our commitment to fostering student engagement and leadership.

Congratulations to all involved for making this a truly enriching experience for everyone!

Ripple Effect

On Thursday, 14 November, UHS welcomed some special guests into our school. "Ripple Effect"; an all-female rock band from Maningrida in Arnhem Land, NT and "Lemonise" a rock band comprised of students from the Sydney Conservatorium of Music. The bands are currently on an East Coast tour to promote "Ripple Effect's" new album "Mayawa". "Ripple Effect" continue the tradition of saltwater rock from the top end, whilst breaking new ground as the first women from their country to play instruments and form their own band. The women sing in the languages of their people: Ndjebbana, Burarra, Na-kara and Kune to share stories about their land, languages and culture. The "Ripple Effect Band" began in 2017, touring Arnhem Land festivals Bak'Bididi Gattjirrk, Barunga, Garma, Nannup, Mona Foma, Darwin Festival, WOMADelaide and East Arnhem Live (supporting "Regurgitator"). They have been featured on the ABC, Rolling Stone Australia, AMRAP, Triple J Unearthed and various Spotify playlists. They were finalists for the 2023

Australian Women in Music Awards and most recently, drummer, Jolene Lawrence has been honoured as a finalist for the APRA Professional Development Awards. "Lemonise" front man Jake Magi is an UHS alumni and a proud GuriNgai man. He has been lucky enough to spend time with "Ripple Effect" in Maningrida and sees the women as mentors for his own song writing process. The band are also preparing new songs for release and look forward to fostering the connection they have with "Ripple Effect" in the years to come.

UHS First Nations didge group "Miribi Bunbal" performed for our visitors and were met with applause and respect for sharing their musical story with the group. The students had the opportunity to ask questions about music, language, culture and country and gained invaluable insights into life in Maningrida and the power of music to teach, connect and inspire.



International Mens Day – Supporting 'Movember'

Every year, men are encouraged to grow a moustache for Movember, 'Changing the Face' of Men's Health, bringing awareness to issues such as mental health, suicide prevention, prostate cancer and testicular cancer. On Tuesday last week, to celebrate International Men's Day (19 November) students who are members of the Ulladulla High School's Men's Mentoring Group, sold sausage sandwiches and fake moustache, raising \$155 – all money raised goes to supporting Movember. A huge thank you for all students and staff who supported such an awesome cause, bringing awareness to serious issues relating to men's health.



Careers

SPORTS MED Start Your Future

Christian Ireland, Marcus Naidoo-Golledge, and Zoe Carson participated in the *Start Your Future Sports Medicine* program at Ulladulla TAFE. This hands-on experience provided them with insights into careers in the Health and Fitness Industry. Well done for embracing this exciting learning opportunity!



Year 10 FIRST AID

Students have been emailed information about the upcoming course being held at the CUC on Thursday Dec 5th.

Year 12 UOW Discovery Day

Registrations are open for students to [apply](#) to experience a day as a university student. UHS will attend on Tuesday 18 February.

Intro to Coffee Course

Learning new skills encourages resilience and adaptability when faced with challenges and fosters creativity. We are fortunate to have Tom Hawkins (Barista Brown Sugar) working with Matt and Emile in the Student Wellbeing team. It was great that he was keen to share his knowledge and skills with students at our recent coffee workshop. The coffee culture in Australia is rich in history, with a focus on sustainability and passion. We talked about coffee being social for many people, with gathering of friends in local cafes being popular.



Job Opportunities

YFBFB (Your Favourite Barber's Favourite Barber) in Rowen's Arcade is seeking an **Apprentice Barber** to join the team. Drop in a resume and say hi to Tom.

Early Foundations Milton has a Traineeship in early Childhood Education and Care. Email Danielle E: earlyfoundations@hotmail.com

NSW State Drama Ensemble

Recently, two of our senior Drama students, Benji Crumlin and Sydney Carter, were accepted into the NSW State Drama Ensemble. The students worked with specialist tutors for a week; culminating in a showcase at the Seymour Centre in Sydney. Below is a recount of the experience from HSC Drama student, Sydney Carter: Over these last school holidays, Benji and I went to the State Drama Ensemble. Over the first week, we met with other drama students from all around NSW then began building our play 'The Tragsirdicalelodramoney of Accounting'. Throughout the week we played drama games, made skits and worked on our scripts for our showcase. The entirety of the play was made from scratch by us students, (although we had lots of direction and support from our director Julia). We combined many different theatre styles together in an exploration of creativity and team work. Performance week was an excitement-filled 3 days! The first day back we got into our flat and unpacked, excitedly waiting to see our friends again and to perform. The second day started early and we all but rushed out the door, seeing everyone again was amazing, lots of hugs and a few tears but we were ready... that day we rehearsed and finalised minor slip-ups so our play would be perfect. The last day was nerve-racking. Doing our test run was exciting, and just being on that stage meant a lot to all of us. We had two performances on that last day. Both were amazing and exhilarating, finishing our performances we all rushed to finish changing out of our costumes and to get to our meeting area for goodbyes. We all had really bonded over time and became great friends, it was really sad to see everyone go. The experience was amazing! We couldn't have done it without the support of our director Julia and all of the other students from NSW schools who were so incredibly talented. I would really recommend this experience to any drama students. This is an adventure I will never forget.



Who we are Photo *What we value...*
What we believe... *What we think...*

Bombs away! Oaky Beach overnight Hike



Science and Sampling

Year 9 Science students and teachers were working with researchers from the University of Sydney last week at school. The researchers are teaching students ecological sampling skills using specialised equipment provided by the University's Unearthing Science Program. Students will investigate the health of our local Millard's Creek and look at how land use affects soil quality.



Haunted Halloween Gingerbread Houses

Our 2024 Year 9 Food Technology students have been studying Food for Special Occasions in Term 4. As part of this unit they put in a great effort to design, bake, construct and decorate haunted gingerbread houses just in time for Expo. This project has challenged the students to develop skills in construction, modelling with fondant and working with royal icing. We think they did a fabulous job. Big congratulations to the students for their effort and sense of fun. The houses were on display at Expo and votes have revealed our 'Peoples' Choice' winners to be:

1st - William Monaghan & Mimi Stewart

2nd - Natasha Taylor & Grace Drover

3rd - Coralie Smith & Kyla Wright



Koori Korner

Last Thursday we were honored to host Ripple Effect, an all-female rock band from Maningrida in Arnhem Land, NT and Lemonise, a band comprised of First Nation UHS Alumni and students from the Sydney Conservatorium of Music. It was such a beautiful gathering of Aboriginal Studies students, First Nation students and keen music students all listening and learning off the women who so graciously performed for us, singing in the languages of their people: Ndjebbana, Burarra, Na-kara and Kune and yarning, sharing stories and answering student questions about their land, languages and culture.

Miribi Bunbal had actually met the women the weekend prior at the Giiyong Festival as a part of their culture camp and were so excited to have the opportunity to perform for the women who were very happy to see our young men connecting to their culture through the didge.

We wanted to thank Ripple Effect, Lemonise, staff from the Con and all involved to make this unforgettable experience possible for our students.



Aquaponics

Year 10 Marine students have been learning about aquaponics. They have built biofilters on top of their aquariums to process the fish waste to be used as liquid fertiliser for some delicious herbs. Aquaponics is a great way to grow lush healthy veggies using no soil, hardly any water (as it is recycled through the system) and can be done inside with some simple lighting.



Circus Crew Delight

On Wednesday, 13 November the UHS Junior Circus ensemble was invited to attend the local View Club. Circus teacher, Sharon McCutcheon spoke about the history of Circus in the school and community and the many UHS alumni that are currently performing all over the world for International Circus companies. Current Year 9 Circus students Myra Williams, Alexis Hanley, Lucy Wells and Lillie Thornton performed for the View Club and answered questions about the subject and how it has benefitted not only their fitness, but their ability to set goals, build strength and resilience and work as a team.



SSO Weekly Spotlight

Last week our Year 9 students started the Mental Health First Aid course. The introductory session covered essential topics including common mental health problems such as anxiety and depression, recognising warning signs, and understanding when and how to seek professional help. Students learned about the different mental health professionals who provide support, including psychologists, counsellors, psychiatrists, and social workers. It was great working with all the students and having these important conversations. We're looking forward to seeing Year 9 again this week to continue the course.

teen MHFA action plan



Year 12 Physics - Team Work Makes the Dream Work

Before you know it, you will be in Year 12. My Year 12 Physics class are completing their first HSC assessment task, which will contribute to 20% of their 50%



school based assessments. They take this task very seriously, they come prepared, they are used to being randomly grouped within the class and most importantly they can problem solve in a team to produce reliable and accurate results. It takes dedication and time to become as competent as this class is now. As Head Teacher of Science, it delights me to see students dedicate themselves to their studies. The biggest barrier I see in some students getting to this level is a lack of self-confidence and a lack of willingness to try. The first step is having a go, you will surprise yourself and your confidence will grow. Reach out to your teachers and tell them how you feel, they will help you. I have loved Science all my life, inspired by my fathers love of the natural world, Biologists such as David Bellamy and the broadcaster David Attenborough. Many UHS students complete HSC Science subjects and go off to study Science at University. The Science team always look forward to seeing future students take this path. Dr Kneeshaw.

Year 8 Students of the Week



Kalani Gleeson is an all-rounder in her core subjects, receiving multiple merits across these classes. Her assessment tasks are always of high quality and she models positive behaviour around our school. Kalani is a supportive friend and is willing to give all aspects of high school life a go! Keep up the good work!



Ben Martel is a hard working and focused learner. He regularly receives merit awards from his class teachers for his empathy, team work and commitment to learning. Ben is a polite and kind student and has received MVP at sport multiple times. Well done Ben!

Congratulations - we are very proud of you!

UHS Canteen

EFTPOS AVAILABLE

Orders can be made via Flexischools or at the canteen window before school.

Open before school, recess, lunch 1 and lunch 2.

Did you know...

UHS HAS A FREE BREAKFAST PROGRAM EVERY MORNING AT THE CANTEEN!

DAYLIGHT SCHOOLWEAR COMPLETE UNIFORM SOLUTIONS

Uniform Shop Hours

Monday 8am - 11am
Tuesday 8am - 11am
Wednesday 8am - 11am
Thursday 8am - 11am

Shop Coordinator Evelyn

www.daylightschoolwear.au/ulladulla

** Standard uniform shop trading hours during school terms



Dates to remember

Term 4

Thur 28 Nov	Financial Literacy Excursion Dunn Lewis Centre
Fri 29 Nov	Yr 6 into 7 First Nations Transition Afternoon
Mon 2 Dec	Yr 12 Marine SCUBA excursion
	UHS Sports Assembly Session 3
Tue 3 Dec	Year 6 into 7 Information Evening
Thurs 5 Dec	Year 6 into 7 Orientation
	Friends of the School Morning Tea
	RPM MVP Yr 8 Beach Walk and BBQ
Mon 9 Dec	P&C Meeting 6:30pm
Tues 10 Dec	Yr 8 Jamberoo Action Park
Wed 11 Dec	Yr 9 Jamberoo Action Park
Thurs 12 Dec	Yr 10 Jamberoo Action Park
Wed 18 Dec	Last day for students

Term 1, 2025

Fri 31 Jan - Wed 5 Feb	Pupil Free Days
Thur 6 Feb	All students return for Term 1
Tue 11 Feb	UHS Swimming Carnival

Study Centre: Tue & Wed afternoon 3 - 5pm in the Library. All Welcome!



Upcoming Camps

Wed 4 Dec - Fri 6 Dec	Year 7 Jindabyne Camp
Sun 8 Dec - Fri 13 Dec	Year 11 Pretty Beach Camp



YEAR 6 INTO 7 INFORMATION EVENING

Monday 2 December

Start: 5:30pm

UHS Multi Purpose Centre

Enter via St Vincent Street
Light Refreshments will be provided



Book Packs

Year 7 Book Packs for 2025 are available at the Ulladulla High School office from Tuesday 3 December at a cost of \$70. There will also be an opportunity to purchase one during the information evening.

They provide all the consumable items required for Year 7 including exercise books, pens and pencils, calculator (Casio fx-8200 - Mandatory for Year 7) and protective eyewear.

SEND QUESTIONS

If you have any questions before the presentation, send them to ulladulla-h.school@det.nsw.edu.au

During the evening you will have the opportunity to tour the school, meet the Principal, Deputy Principals, Head Teachers, Year Advisor, meet with Technical Support officers, all led by our Student Representative Council. Information will be available for the Uniform Shop opening hours and school holiday trading. The night will begin with a short presentation, followed by the activity tour.

UHS SWAP SHOP

LOOKING FOR DONATIONS

If you have any uniform no longer needed you can donate them at the school office!

STUDY CENTRE

THE STUDY CENTRE:
TUES & WED AFTERNOONS.
ALL WELCOME!

3-5PM
IN THE LIBRARY

Community News

2024 HAMPER DRIVE

Donations can be handed in at Ulladulla High School Reception or Student Services counter.

South Coast Business & Financial Solutions are holding their 15th Christmas Hamper Drive and with this year being particularly challenging we believe this year it is more important than ever to lend a hand. All Donations stay local.

Donations of: Non perishable foods, gifts and house hold items are all welcome

Together, we can make a difference. Will you join us?