

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 Jackie Morgan
Mr Vaughn Littlejohns

Glen Kingsley

Year 9 and 12
Year 7 and 10
Year 8 and 11
Deputy Inclusion
Deputy Principal



Week 4B Term 4, 4 - 8 November, 2024

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Career Conversations That Count!

Parents and carers of Year 8 students gathered last week for the inaugural Career Conversations That Count workshop at the Country Universities Centre here in Ulladulla (CUC). This engaging event provided an opportunity for attendees to reflect on their own career journeys, explore the centre's facilities, and discover valuable resources and strategies for guiding their children in discussions about future study and work opportunities. The workshop was expertly coordinated by relieving Transition Officer Eliza McCabe, who facilitated insightful presentations from UHS Careers Advisor Karyn Ingold, along with Regional



Head Teachers of Career and Educational Pathways Program, Shanna Fuz and Lauren McCarthy, and Carly McTavish from the CUC. Their contributions helped illuminate various pathways available to students, ensuring

parents were well-equipped to support their children's aspirations. The event saw strong attendance from our parent community, and we extend our gratitude to the Country Universities Centre for providing such a fantastic venue and catering. The CUC has also been instrumental this year in leading the My Strengths program for all Year 8 students, further enriching their educational experience. Feedback from parents was overwhelmingly positive, and we are excited to plan additional workshops for Year 9 in 2025 as we continue to support this group through their educational journey. We encourage parents and carers to stay informed by reviewing Summit Times and the UHS Careers Website, while students can access updates through the Sentral Daily Notices. Congratulations to everyone involved in making this event a success!

- Carly Ommundsen, Head Teacher, Careers and Transition.



Automotive TAFE Excursion

Students had an engaging hands-on learning experience during a recent automotive excursion at TAFE Nowra. The event provided a unique opportunity for students to explore the world of automotive technology and gain insights into the industry. UHS alumni Grant Oliver, who currently teaches automotive studies, shared his inspiring journey from being a student to becoming a skilled mechanic and eventually a dedicated teacher. His personal experiences added a valuable perspective for the students, highlighting the various paths available in the automotive field.



A special thanks goes out to TAFE for hosting the excursion, as well as to RIEP and EPP for their support in making this event possible. Additionally, we appreciate the efforts of volunteer bus driver Michael, whose contribution ensured that students could participate in this enriching experience. Overall, the excursion was a fantastic opportunity for students to learn and connect with professionals in the automotive industry.

Bowling Our Way to Success!

We are thrilled to share that our school's Ten Pin Bowling team recently travelled to Sydney to compete in the Inclusive Sport Ten Pin Bowling State Finals, where they achieved an incredible **7th place** out of the top 30 schools across NSW!



With over 300 secondary schools competing throughout the year, making it to the finals was already a huge

accomplishment, and our team truly shone on the day. Best of all, each team member improved on their scores from last year, showing the dedication and hard work they put into training. They had a fantastic time, represented our school with pride, and displayed outstanding sportsmanship. A big congratulations to our bowlers and a huge thank you to the supporters who cheered them on along the way!



Careers

Year 12 2025 University of Wollongong Opportunities

In the week 2 Year meeting, Mrs Ingold/ Careers gave students information about:

Discovery Day Tuesday 18th Feb, 2025

Discovery Days at UOW gives Year 12 students the opportunity to experience firsthand what a day at university is like. **Registrations open on Monday 4th November** via [UOW Discovery Day page](#). Students create their own Timetable for the day, with popular classes filling up fast!

Permission notes will follow early next year.

UOW Summer Master Class

Students can complete 6 credit units towards a UOW degree and get a taste for University life during January 2025. [Apply here](#) by **Sunday November 10th**. Information webinar Tuesday October 29th at 7pm. [Register here!](#)

UOW Future Me Program

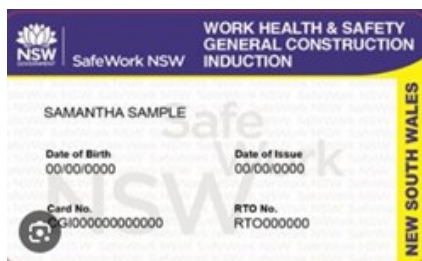
Explore your post-high school opportunities and improve your HSC study skills with the Year 12 Future Me program. You'll learn about university pathways, finance and about UOW's Early Admission process. There is no cost for UHS students.

[Applications](#) open 11th November to Sunday 23rd February.

Future Me Program Term 1 2025 Week 6- Week 11.

White Card

Unfortunately, the Term 4 White Card course has been postponed until Term 1, 2025. Any students who require a White Card before next year, should speak with Mrs Ingold in Careers.



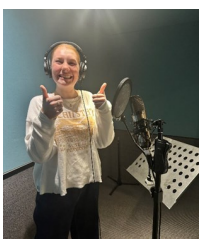
Job Opportunities

Full Time Traineeship at Capital Chemist

Cert IV in Pharmacy Dispensing. Drop your resume in or email ulladullamanager@capitalchemist.com.au with the subject as Traineeship.

Work Experience

Many students are taking up the opportunity to gain skills in the workplace. Recently Eva Wolinski went to HMAS Albatross as part of the Defence Force WEX Program, Mia



Seccoll helped at Milton Hair Design, Jayden Costa with Aaron's South Coast Painting, Rosie Pollock is caring for the animals at the Wandandian Wildlife Sanctuary, Sam Greenacre is on the tools with Ben Greenacre Builder and Joel Wright at Yumaro Nursery. Thanks to our wonderful employers for supporting the UHS Work Experience Program.

Darcy Stewart in the studio at Power FM on her recent Work Experience.

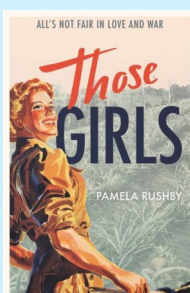


Book of the week and Reading Challenge Superstars

"Those Girls" by Pamela Rushby follows the journey of two teenage girls in 1900s Australia who are sent to work at a bustling, high-society mansion. Set against the backdrop of early feminist movements and changing social expectations, the novel explores friendship, resilience, and the courage needed to carve out a path in a world that often restricts young women. Through their experiences, the girls confront societal constraints and find their own voices in an era of transformation.

Age: 12+

Congratulations to our week 4 Reading Challenge Superstars Matilda Schultz and Isobel Howells from Year 7.



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

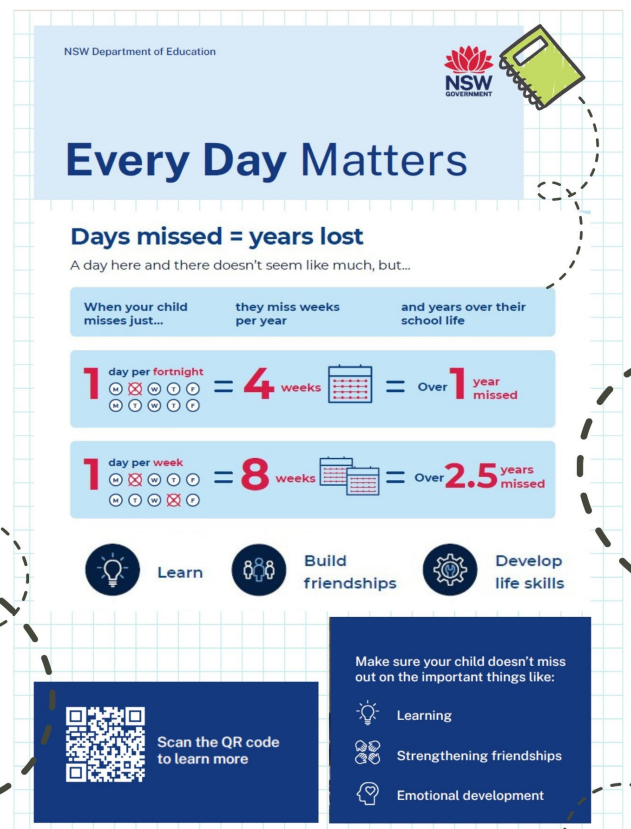
Beach scene: Duke of Edinburgh practice journey



Attendance Week – Explaining Absences and Supporting Teenagers with Social Media

Social media is a huge part of teenage life, but it can be tricky to navigate for parents and carers. From setting boundaries to encouraging healthy online habits, there are resources available to work together and make social media a safe space [Social media and teenagers](#) | [Staying safe online](#)

Please also remember that it is important to explain absences. Attendance below 80% is understood to be Educationally Destructive and we can help. If you notice that your child does not want to attend school on particular days or you feel concerned about signs of school refusal, there is support available at UHS. Information and strategies about school refusal are available <https://tinyurl.com/282bbh2p> Please contact UHS and ask to speak with Mrs Ommundsen for support.



Koori Korner

You're Invited to Giiyong Festival!

FREE bus trip from Ulladulla and **FREE** entry to the Giiyong Festival on Saturday 9th November.

Limited places. Registration essential.

About Giiyong: Giiyong Festival provides a rare opportunity in southeast NSW for the entire community to come together in celebration of Aboriginal arts, culture and resilience. Everyone is welcome at Giiyong Festival, which brings you the best Aboriginal performers, presenters and speakers in one big day.

You can register for siblings, friends and parents/guardians to come too!

When: Saturday, 9th November.

Where: Bus will be departing from Ulladulla High School and traveling to Jigamy.

Time: Bus will leave UHS at 6:30 AM to arrive at the festival from 10:00 AM to 3:00 PM, and will return to UHS at approximately 6:30 PM.

No cost: free transport and free ticket/s. Plus, lunch can be provided for anyone in need. **To register** email WalkingTogetherMUD@gmail.com. Please give the names of all people you're registering for and please identify any that are under 18 years old and who will accompany them. This is an incredible opportunity to connect with culture and one another. We hope to see you there!

Giiyong
FESTIVAL

Ag Plot Veggie Gardens

We have some green thumbs working among us! These are the best two gardens on the Ag plot at the moment, and I would like to take a moment to congratulate two Year 10 students on their hard work and dedication. Tom Cowled and Solomon Fairs have truly gone above and beyond, and their gardens are looking well cared for and flourishing. The attention to detail in their planting and maintenance is evident, showcasing not only their skills but also their passion for gardening. It's inspiring to see such commitment - Well done boys!



Tom Cowled Year 10



Solomon Fairs Year 10

Great Grand Final Students Victorious

Last week, the victorious Year 9 students, mentioned and named in the week 1 Summit Times - The Little Monkeys, competed against a solid side of teachers in the NAIDOC Futsal Great Grand Final. It was a thrilling match which could have tipped to either side, but eventually the students got the edge by winning 5-4 after penalties. Well done, Year 9 students!



SSO Weekly Spotlight

PCYC Fit for Life is on again this term and kicked off with another great effort last week. PCYC Fit for Life is an early intervention program designed to engage with youth aged 10 to 17. Through physical fitness, nutrition and social engagement, PCYC Fit for Life aims to improve overall wellbeing while also focusing on preventing and diverting youth from risk taking behaviours and the making of poor choices. PCYC Fit for Life builds positive relationships and focuses on the wellbeing of young people. Students are put through their paces with a range of different exercises, before being rewarded with a healthy snack, water and a chance to discuss a number of issues important to young people. Year 7-Year 10 students commenced the program in week 2 and will attend every Friday for the remainder of the term.



7 Red Maths

Mr. Sullivan and his class 7 Red went outside for a hands-on lesson on circles, diameter, and circumference. With measuring tapes in hand, they explored various circular objects, measuring diameters and calculating circumferences.



Year 11 Students of the Week



Chloe Jeffers is a very focused and motivated student who displays a positive attitude towards her senior studies. She is an active member of the SRC and has been leading environmental initiatives in the school, such as the BRAD box. Chloe is also involved with Sonder Youth, a youth-based local charity that aims to improve mental health through positive action.



Alex Gunn is a friendly student who is well-respected by his peers and teachers. He applies himself to his senior studies, is a member of the SRC and happily helps others. He has been actively involved with the Milton-Ulladulla Scouts for almost 14 years and enjoys hiking and camping.

Both students were recently involved in the Kokoda Youth Challenge in Lake Macquarie, raising funds for youth programs in the community. Chloe and Alex demonstrated grit and determination in the 48km hike and should be proud of their efforts in representing Ulladulla High School.

Congratulations we are very proud of you both!

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 TOAST 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

Shop Now

** Standard uniform shop trading hours during school terms

Dates to remember	
Term 4	
Mon 4 Nov	Yr 12 Extension Science Excursion / Sydney UNI Reef and Rainforest 2025 Excursion Info night Expo @ UHS
Thur 7 Nov	Year 6 into 7 Taster Day
Fri 8 Nov	P&C Meeting 6:30pm
Mon 11 Nov	Year 12 Formal
Tues 12 Nov	Girls South Coast League Tag Competition
Thur 14 Nov	Year 8 Country University Centre Kioloa Excursion
Fri 22 Nov	Financial Literacy Excursion Dunn Lewis Centre
Thur 28 Nov	Yr 12 Marine SCUBA excursion
Fri 29 Nov	UHS Sports Assembly Session 3
Mon 2 Dec	Year 6 into 7 Information Evening
Tue 3 Dec	Year 6 into 7 Transition Day
Wed 4 Dec	Friends of the School Luncheon
Wed 18 Dec	Last day for students

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

Upcoming Camps	
Thur 14 Nov - Fri 15 Nov	100ED Overnight Hike
Tue 19 Nov - Fri 22 Nov	Bournda Camp
Wed 4 Dec - Fri 6 Dec	Year 7 Jindabyne Camp
Sun 8 Dec - Fri 13 Dec	Year 11 Pretty Beach Camp

STUDY CENTRE

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

3-5PM
IN THE LIBRARY

UHS SWAP SHOP LOOKING FOR DONATIONS

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

Community News

Attention all drivers

It has been brought to our attention that there have continually been cars parked across residential driveways around the school. Your vehicle must not block any driveway and must be parked at a minimum 1 metre away from the driveway entrance. A council ranger will be patrolling at random times to make sure cars are parked legally. Please be considerate to our school neighbours when parking your car.

Free workshop for parents and supervisors of learner drivers

Helping learner drivers become safer drivers

- The two-hour session will offer practical advice about:
- current driving rules and requirements for L and P platers
 - how learners benefit from supervised on-road driving
 - how you can help make learning to drive a safe and positive experience

Tuesday, 12 November 2024, 6.00pm - 7.30pm

This workshop is being run in conjunction with Wollongong City Council and Shoalhaven City Council, Online via Microsoft Teams.

Bookings essential: bookings can be made via the link below.
<https://www.eventbrite.com.au/e/949351364487?aff=oddtidcreator>