

# The Summit Times

## A World Class School

Ulladulla High School

Principal Relieving: Glen Kingsley

Deputy Principals:

Mr Chris Pearson Year 7 and 10

Mr Gerard O'Keeffe Year 8 and 11

Mrs Anita Barry Year 9 and 12

Mrs Jacki Morgan Deputy Inclusion

Mr Vaughn Littlejohns Deputy Principal



Week 7 Term 1, March 10 - 14, 2025

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[www.facebook.com/UlladullaHS](https://www.facebook.com/UlladullaHS)

### Adventure on The Duke of Edinburgh

After hiking around 10 headlands between Maloney's Beach and South Durras, trekking 18 kilometres through bushland and along shorelines, fending ourselves against possums, kangaroos and wallabies - we still came back with smiles on our faces knowing we had just completed one of the most magnificent walks on the South Coast. Our challenges and triumphs epitomise what the Duke of Edinburgh experience is all about - learning about yourself, your skills and your capabilities.

Annie-Maree Martin, Zoe Carson, Lachlan Barry, Finlay Knight and myself - Darcy Stewart, embarked on our two-day bushwalk through the untouched Murrumbidgee National Park at the end of February. This 'Adventurous Journey' marks the completion of our Duke of Ed Bronze Award. Over the past year we have each completed 50 hours of developing and improving a skill, participating in physical recreation and volunteer work, seeing us become more involved within our community and learning life skills that we carry on with us.

I knew the land we live on - Yuin Country - is beautiful, but little did I know of the natural wonders you could find when exploring deeper into the bush. The Duke of Edinburgh experience allows you to explore your passions, be a part of a community and challenge yourself to new extremes. I can not fault the experience and I would not miss it for the world if I was offered the opportunity again.

Thank you all the amazing support from the UHS staff, Matt and Emile, Mrs Mergel and Mr Littlejohns.



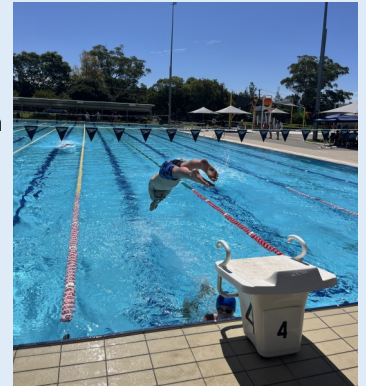
### Clean Up UHS Day to Combat Waste Problem

Students at UHS will participate in a school-wide clean-up initiative on Friday, organized by the Student Environmental Committee (SEC). This hands-on activity will give students practical experience in waste management while improving their school grounds and developing greater environmental awareness.



### Ulladulla Brings the Heat at Zone Swimming!

Well done to Ulladulla High School, surging ahead at the Zone Swimming Carnival last Friday at Nowra Aquatic Centre. Competing against schools from across the Shoalhaven, our swimmers put in a phenomenal effort winning many individual and team relay events. With temperatures soaring past 30 degrees, Ulladulla rose to the challenge, racking up an incredible 897 points, leaving the competition in our wake — the next closest school, finished with 521 points. A huge congratulations to our Zone Age Champions: 13 Year Female - Eloise Davis, 16 Year Female - Freya Bryant, 17 Year Female - Lily Todd, 13 Year Male - Bryon Ritchie, 14 Year Male - Kayden Lee, 15 Year Male - Finn Ireland, 17 Year Male - Christian Ireland. A special mention to Remy Helms for what may be a first at Zone Swimming — in the 14s Boys 50m Freestyle, Remy tied for third place with an identical time to the nearest tenth of a second. To determine the bronze medal, a swim-off was held, and Remy powered home to take the win! A big congratulations to those students who have now qualified to represent Ulladulla High at the South Coast Regional Swimming Championships on March 11th. We wish them all the best as they take on the next level of competition.





## Careers

### Shoalhaven Food Network Gaining Through Training

This exciting program is an opportunity for Year 10 students to connect and learn about the local Hospitality Industry and Career opportunities. The first part of the program is an excursion on Wednesday, March 26 to visit local businesses including Gwylo, Bannisters, Milton Hotel and Altar Bar. Following on they have the opportunity to gain some skills at TAFE and then complete Work Experience at some gala local events during the [Autumn Celebration of Food!](#) Interested students can add their name to the EOI list in the Careers office by this Friday, March 14.



### Year 10 Start Your Future

The TAFE NSW Start your Future initiative gets students into a TAFE-style learning setting and exposes them to vocational education in an area they are considering for future study and/or work. This usually involves attending a TAFE NSW campus one day per week over a number of weeks. For Term 2, students can choose to study Beauty or Sports Medicine & Fitness. Students must be 15, and complete an EOI form and return to the Careers office by Friday 21 March.

### Year 11 UOW Parent Webinar

[Register here for the UOW Webinar!](#)

### UNSERIOUS CAREERS Author Talk

Next Monday we welcome Author, Alana Kilmartin to present to some of our Year 10 Careers and Year 11 English students.

"The pressure to make life-changing decisions before you finish school can be intense. Using her own experiences, Alana Kilmartin offers a revolutionary approach to designing your career that doesn't sacrifice enjoyment for success. This book contains actionable steps to take right now as you navigate the transition from school to adulthood like a pro."

### Job Opportunities

Can be found on [uhscareers website!](#)

Mollymook Golf Club are currently recruiting FT Hospitality Traineeship, and FT Apprentice Chef. Details on Mollymook Golf Club website/ Careers.

### H3's Baked Creations

Students in H3 have put their creativity to the test by decorating their cupcakes in preparation for the Milton Show. They are eager to see their baking entries on display, including a variety of cupcakes, scones, and pikelets. The students are excited to showcase their baked treats when the show takes place on Friday, 7 March, and are looking forward to the opportunity to share their delicious creations with others.



Who we are Photo

What we value...

What we believe...

What we think...

Beach creations found on the Duke of Edinburgh Hike



### Flipping the Script: Zoe Carson's Journey into Sports Science and Injury Prevention

Zoe Carson is a dedicated Year 11 student in the Big Picture program with a strong passion for Exercise and Sports Science, Physiotherapy, Fitness, Health, Pilates, Dance, and Gymnastics. Fascinated by the mechanics of movement and injury prevention, Zoe is particularly interested in understanding sports injuries, recovery, and rehabilitation. She is currently researching strategies to prevent specific injuries in gymnastics, aiming to contribute to safer training practices. Zoe is gaining hands-on experience through her internship at The Sport Physio Ulladulla, where she is inspired by Henry, the physiotherapist and owner. Her commitment to learning has also earned her a place in the Australian Catholic University's Step Up Program, allowing her to begin university studies in Sports and Exercise Science while still in Year 11. With her drive and determination, Zoe is well on her way to a future in the sports and health industry.



### Sick Bay Procedure

Students feeling unwell during class time should advise their class teacher or come directly to Student services during break times. The students will be sent to rest in our sick bay area. Office staff will then register the student into sick bay and contact the parent/carer when required. In line with the Department of Education Mobile Phone Policy students should not use their phone to contact parent/carers. This also ensures that Office Staff know the location of your student and can assist them until you are available to collect them.





## Koori Korner

This week we had the Year 7 on Country excursion in which students got to visit sites around Ulladulla, Burril Lake, and Cave shelter to participate in Cultural learning and Aboriginal games. Well done to Year 7 for participating enthusiastically and respectfully in these special places we are lucky enough to share. Junior Aboriginal and Torres Strait Islander students got to meet Lieutenant Commander Natalee Johnston of the



RAAF to learn about careers in Defence and different learning pathways offered to our First Nations members. If you are 15 or over and would like to participate in a seven-day camp to get a first-hand

experience of what a career in the RAAF is like, please see Michael Lloyd in Gunya Room or Julia Brooks in Careers to put your name down for an expression of interest.

## Year 7 Walking on Country Excursion

On Tuesday 4 March, Year 7 went on an excursion, to learn about each other and our local area. They explored interesting walks such as the One Track for All, and a fossil walk. These activities provided information about the indigenous people, and the surroundings we were passing through, and showed students a whole other side of the Ulladulla region. They also played games related to indigenous techniques, in a fun modern way, as well as exploring caves that were used by many indigenous people, over the past 40 000 years. Having the privilege of visiting these places now is incredible, and something we were all grateful for. Students were also able to spend breaks with other classes, which helped the kids get to know each other a little more. This excursion for Year 7 was an awesome way to take a break from school work, head outdoors and socialise with their fellow peers. Thank you to all the teachers for organising and helping with all the great activities. This excursion was a great experience for all of us, and it taught us so many things about our local area. By Luella Quinlan and Leyla Armati

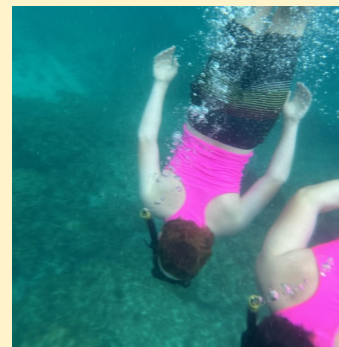


## Snorkelling Skills

Year 10 and 12 Marine students had a day of snorkelling at Jones' Beach and Narrawallee Inlet. Once again Steve and his team from Illawarra Environmental Education Centre took our students out into the ocean to explore our local water ways.



This year we went to Jones's Beach at the bottom of Bannisters Headland. The ocean was not as idyllic as in past years and students snorkelling skills were really challenged. However, everyone worked together as a team to look after their buddies and make sure everyone had a great time. We saw many schools of beautiful fish, a large volute shell, many rays and some big blue groupers. The second half of the day was spent at Narrawallee inlet to enjoy snorkelling the incoming tide surrounded by thousands of small fish, flathead and even slender spined porcupine fish amongst the kelp beds.



## Spotted Frog - Milumba Cafe Skills

Our Spotted Frog Cafe runs every Friday at UHS. The Frog provides our Milumba students with valuable Hospitality work experience. Taking orders, preparing food and beverage and scheduling deliveries all around our school are all part of the experience when working a Friday shift in the Frog.



## Year 9 Students of the Week



**Lilly Wooden** is a conscientious student and a consistent worker. Lilly achieved excellent results throughout Year 8 and has started Year 9 strongly. Lilly is part of the Bunaan Yandabal dance group, celebrating and practicing her culture, and was also awarded the Harding Miller Scholarship which supports Lilly in her endeavours to succeed over the next 4 years. Lilly is a great role model for her Year group.



**Quade Shaffer** is a friendly, honest, cooperative and responsible student. He is a great example of the values we appreciate at Ulladulla High School. Quade has started this year well with 100% attendance and he currently leads the boys with 13 Merits so far this year. Quade is a good friend and a great role model for other students.

**Congratulation we are very proud of you!**





# UNIFORM SHOP




## NOW IN STOCK

### Girls & Boys Shorts

Uniform Shop Opening Hours  
Monday to Thursday 8am - 11am

Limited stock of boys shorts



# Weekly Specials

## WEEK SEVEN

### Corn on the Cob \$2.50


Available everyday of the week  
Break 2 until sold out.

**Order at the Canteen**


# STUDY CENTRE

THE STUDY CENTRE:  
TUES & WED AFTERNOONS.  
SENIOR STUDY SUPPORT!

3-5PM  
IN THE LIBRARY




Dates to remember	
<b>Term 1, 2025</b>	
Mon 10 Mar	P&C Meeting 6:30pm
Tue 11 Mar	Regional Swimming Carnival
	100ED Snorkel Excursion
Thu 13 Mar	Yr 8 Green Conjola Canoeing
Thur 13 - Fri 14 Mar	School Surfing Regionals
Fri 14 Mar	UHS Clean Up Australia Day
Mon 17 Mar - Fri 21 Mar	UHS Harmony Week
Thur 20 Mar	Year 8 Indigo Conjola Canoeing
Thu 27 Mar	Year 8 Orange Conjola Canoeing
Fri 28 Mar	Year 9 OED Snorkelling Excursion
Thur 3 April	Year 8 Red Conjola Canoeing
Mon 7 - Wed 9 April	CHS Swimming
Fri 11 Apr	ANZAC Ceremony Session 3



Upcoming Camps	
<b>Term 1, 2025</b>	
Thu 20 Mar - Fri 21 Mar	Yr 9,10 & 11 Big Picture Camp
Wed 2 Apr - Fri 4 Apr	Year 7 Camp



# School Photo Time!



Scan the QR code to order school photos.

## School Photographs

**Tuesday 25 March**  
**Backup Tuesday 8 April**

School photos happen Tuesday 25 March. All students have their photo taken regardless of whether photos are being purchased. There is a catch-up photo morning Tuesday 8 April. All orders including sibling photos online only via:  
[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)

Head to our website to view the available packages and to place your order

**Ulladulla High School**  
VISIT OUR WEBSITE & ENTER THIS CODE  
**X1290SUP55U**  
[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)

## Community News



Get up to \$500 extra in the bank from ANZ

[www.saverplus.org.au](http://www.saverplus.org.au)

Do you have a health care card? You could be eligible for Saver Plus.

saverplus 1300 610 355 [saverplus.org.au](http://saverplus.org.au)




School Student Broadband Initiative  
An Australian Government initiative powered by nbn

**Are you eligible for free nbn broadband at home until 30 June 2028?**



Scan the QR for more information.

**You might be eligible if you:**

- have a school-aged child
- have no active nbn broadband connection or have not disconnected in the last 14 days. Having the internet on a mobile phone is ok
- live in a premises that is serviced by the nbn network

**To check your eligibility, or to get help using your voucher:**

- Contact the National Referral Centre 1800 954 610 (Mon-Fri, 10am-6pm AEDT)
- [www.anglicarevic.org.au/student-internet](http://www.anglicarevic.org.au/student-internet)
- Callback, webchat, translating and interpreting services are available.

Youth Road Map : Put your name and number on our registration sheets at Student Services & check out your emails for more info.

# Are you a young person in yr 9,10 or 11 that wants to have a say on your future?

**Youth Roadmap**

IS YOUR CHANCE TO SPEAK UP, SHARE IDEAS, AND ACTUALLY MAKE THINGS HAPPEN

**Got an idea? Got something to say?**

WANT TO BE PART OF SOMETHING BIG? JOIN YOUTH ROADMAP AND LET'S CREATE A FUTURE AND COMMUNITY THAT ACTUALLY WORKS FOR YOU.

@DUNNLEWISCENTRE