

# 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 3 Term 2, 12 - 16 May, 2025

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### A Journey — The Kokoda Track

Walking the Kokoda Trail was not just a physical challenge for Annabelle, Marli and Cameron — it was a powerful emotional, spiritual, and cultural journey. Along the way, they formed deep connections, witnessed remarkable resilience, and gained a new appreciation for history, community, and perspective. This experience changed the way they see the world and themselves.



**Annabelle writes** "For me, walking the Kokoda Trail was more than just a physical challenge, it was an emotional, spiritual and cultural journey that has changed my view of the world and myself. Through mud, mountains and moments of exhaustion, I met the most selfless, resilient people I've ever known. Jacob and Warren, two of our porters, showed me the true meaning of strength, not through loud words or grand gestures but through a sort of quiet kindness, deep care and endless support. We honoured the legacy of soldiers who gave their lives, stood where they once stood, and remembered their sacrifices not to glorify war, but to understand freedom. Around fires and beneath the rain soaked skies, we shared stories of love, loss and dreams, discovering that despite having so little, the people of Papua New Guinea live with a richness we often forget to seek, gratitude, community and pure joy. Kokoda forced me to confront who I am and who I want to become. It reminded me of what really matters, people, purpose, and perspective. This experience wasn't just something I did, it became a part of me. And though I walked away covered in mud, sick to the smell of myself and sore to the bone, I also walked away grounded, more grateful, and deeply changed. The words of a fellow trekker will keep me thinking for years to come, *"Don't let Kokoda be a wasted experience. Everything you felt, everything you saw, it was a sign. Now you have to figure out what it meant, and how you'll carry it forward"*. Thank you to my sponsors and my family for giving me this opportunity.

**Marli writes** "While many people mention that Kokoda is not solely about the physical challenge, it wasn't until I undertook the trek myself that I truly understood the profound emotional journey I had to endure. Every step I took was honouring the courageous soldiers who faced unimaginable hardships during WWII. We heard many inspiring stories along the track that will stay with me forever. During the trek we looked forward to the

little things- the dry boots at the end of the day, getting into camp early or having rice for lunch. There are countless things I could share about my incredible trek but a few that meant the most to me were the inspiring people I met, experiencing a new culture and seeing the beautiful scenery. As I climbed the difficult terrain, I found myself alone with my thoughts,



I gained deeper self-awareness and important lessons that I can now share with my family, peers and community.

We're truly fortunate to have access to a strong education system and readily available resources, even the small things we often overlook are privileges not everyone has. Upon completing the Kokoda Youth Leadership Program I have extended knowledge of what the ANZACs faced for our country and have immense respect for their bravery. I value every experience and person from my trek and I will never forget a single moment or individual along the way."

Annabelle, Marli and Cameron would like to thank the Milton Ulladulla Ex-Servos, the Milton Ulladulla RSL Sub Branch and Ulladulla High School for supporting us.



### Athletics Carnival

The school's Annual Athletics Carnival was a resounding success. This year, several athletes delivered record-equalling and record-breaking performances that will be remembered for years to come.



Standout Performances:

Blake Robertson (14 years, Boys 100m): Equalled the current record with a blistering time of 12.25 seconds, Cheyenne Murray (17 years, Girls 100m): Clocked an impressive 12.92 seconds

Cheyenne Murray (17 years, Girls 200m): Dominated the 200m with a swift 27.53 seconds

Jesica Kann (16 years, Girls 1500m): Completed the race in 5 minutes and 12 seconds

Jesica Kann (16 years, Girls 3000m): Finished with a time of 11 minutes and 17.63 seconds

House Standings:

Daringyan (Green) - 1419 points

Gawura (Blue) - 1379 points

Guruwin (Yellow) - 1323 points

Bara (Red) - 1049 points

Daringyan House clinched the top spot, demonstrating exceptional teamwork and spirit throughout the day. Congratulations to all participants for their outstanding performances and sportsmanship. We look forward to another exciting carnival next year! Zone Athletics is scheduled for 30th May.

Mr Duncan will communicate the Zone team soon.





## Careers

### Defence Force Recruiting Bus Visits UHS

Students recently enjoyed a visit from the Defence Force Recruiting team, who provided an engaging and informative session about the wide range of career opportunities available. The presentation sparked interest and curiosity, as students learned about various roles in the Army, Navy, and Air Force, as well as the skills and training provided.



### Autumn Celebration of Food 2025 - Shoalhaven Food Network's Hospitality Industry Launch

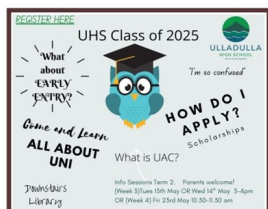
On Tuesday 29 April, six students from Ulladulla High School took part in the Shoalhaven Food Network's Hospitality Industry Launch at The Growers by Ponte, Worrigeer. Following their hospitality training day at the Altar Bar last month; Year 10



students Riley Acker, Kaiden Dodd, Chloe Nightingale, Grace Drover, Sierra Gleeson, Year 11 student Brodie Tebbutt and UHS Alumni Ebony Wellman served around 163 people from various businesses in the Shoalhaven Region and beyond. These students worked tirelessly throughout the night to ensure that guests were well looked after with local fresh produce including; canapes; plump oysters and even plumper mussels; charcuterie and cheese; sashimi and sushi; scallops and bruschetta; Koshi Hikari rice cakes, pork tenderloin and butter chicken in puri. The night was such an incredible, fun-filled evening, with even a special guest appearance from our Principal Glen Kingsley. An amazing effort from our students. Keep an eye out for more Year 10 UHS students at hospitality events in our local area over the next few months, they are all incredible young people!

### Year 11/12 UAC/Uni Information Sessions

Come along and learn about Early Entry, Scholarships and more! Careers Advisers Ms Ingold and Ms Brooks will present and answer any questions you might have. Remember, you only need to attend ONE of the sessions as it is the same session repeated! Parents/carers are welcome to attend!



### TS Shoalhaven Navy Cadets

#### WEEKEND POSTINGS



#### SAILING



#### SHOOTING



**TS SHOALHAVEN NAVY CADETS**  
NOW RECRUITING  
IF YOU ARE  
12 Years - 17 Years

And looking for something exciting to do, then we are for you.

We parade every Saturday (excluding school holidays) from 8.00am - 4.00pm at HMAS Albatross, Naval Air Station.

You meet new people, be involved in interesting activities and learn the Navy way.

Enquire now

[TSSHOALHAVEN@NAVYCADETS.GOV.AU](mailto:TSSHOALHAVEN@NAVYCADETS.GOV.AU)

MOBILE 0488 444 550



## Get Ready to Join the World's Greatest Shave!

This year, our school is excited to take part in the *World's Greatest Shave* in week 7, an amazing event that raises funds for the *Leukaemia Foundation* to support those affected by blood cancers. It's a chance for us to come together and make a real difference!



We're inviting students, teachers, and staff to sign up and participate by either shaving their heads or cutting their hair. It's a bold way to show support for those battling blood cancers and to help fund vital research.

Not ready to shave or cut your hair? No problem! You can still get involved by fundraising, encouraging others to sign up, or making a donation to the cause. Every effort helps!

Let's unite as a school and make an impact! You can sign up by following this link or speaking with the SRC or SSO's Emile or Matt

<https://www.worldsgreatestshave.com/join/>

## UHS Volleyball Teams Progress to Next Round

The Open Girls and Boys Volleyball teams competed in Bomaderry on Monday against schools from across the Shoalhaven region. The Girls team was coached by Mrs Henry. A highlight of the day was the serving by Mackenzie Charlton and Myra Williams, who picked up many points for their team.



The standout feature overall was the girls' exceptional teamwork, in a close three-set match against Bomaderry. The team finished third overall and will progress to the next round of the competition.



Boys team was coached by relieving Head Teacher PDHPE, Mr Duncan. Standout performances included consistent serving by Lachlan Markovits, and high energy and powerful spiking from Fynn McMullen. The boys' team finished second on the

day and will also progress to the next round. We wish both of our UHS teams the very best in round two of the competition!

## Riding the waves in style

The surf class taking full advantage of the glassy conditions and stunning weather this week. This elective, offered to Year 9 and 10 students, allows them to experience our incredible local surf spots while learning the art of surfing from the legendary Pam Burridge. What an amazing opportunity!





### Koori Korner

#### We Celebrate Aunty Nellie's OAM

As a school, we are incredibly proud to congratulate Aunty Nellie on receiving the Medal of the Order of Australia (OAM). Aunty Nellie has been a guiding Elder in our school and community for many decades. Her dedication to education and reconciliation has shaped the lives of countless students and staff. She has worked in schools across the Milton-Ulladulla area, building cultural understanding and supporting First Nations education with strength and compassion. Her leadership, kindness and determination have created real change. She has taught us the importance of respect, identity, and truth-telling - and always leads with generosity and integrity. We, the staff and students - past and present - are so happy for Aunty Nellie and believe she is truly deserving of this honour. Congratulations, Aunty Nellie - we are so proud of you.



### Look who's back in business!

We're thrilled to announce that *The Sanctuary* has reopened its doors, and it's already buzzing with warmth, creativity, and the irresistible smell of freshly baked goods. With the previous chilly, wet weather rolling in, our students took the opportunity to turn up the ovens and whip up a variety of delicious treats to help everyone stay warm.



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

### Rennies Beach Bliss - 100ED



### U15s South Coast AFL

Five Year 9 students Lachie, Thomas, Sam, Jett and Bodhi headed up to Sydney East to compete in the CHS AFL Championships. This was the biggest contingent from one school in the South Coast team. Wins on day 1 against Sydney North and West Darling started off the week great with all boys playing well. Day two saw a loss to North Coast before bouncing back on the morning of day 3 to produce a great game against the eventual winners Riverina, getting closer to them than any other team. In the final game playoff for 5th and 6th the boys played their best football of the week comprehensively beating Sydney South West by 10 goals to finish the carnival in 5th place.

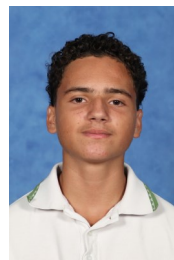


The boys represented their school, their club and themselves exceptionally and all played big roles in the team. Special mention to Bodhi who was named in the CHS team who head to Lavington in June for the final state trials. We look forward to seeing how well the school AFL team do later in the year.

### Year 11 Students of the Week



**Hayley Barbaric** is a bubbly and enthusiastic student who is thriving in the Big Picture program. She brings positive energy to every class and is fully engaged in her learning. Hayley enjoys the personalised approach, especially the opportunity to explore her passions.



**Metuki Butt** is a positive, all-round good guy whose energy lifts those around him. Friendly, respectful, and dependable, he brings a calm presence to every setting. His true passion shines on the basketball court, where his dedication, teamwork, and drive are clear.

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

ULLADULLA HIGH SCHOOL PROUDLY PRESENTS

# EXPO@UHS

2025

**THURSDAY  
29<sup>TH</sup> MAY**  
5:00PM - 6:30PM

ENTRY VIA ST VINCENT STREET

ARTWORK: HARVEY STAS





**DAYLIGHT SCHOOLWEAR** COMPLETE UNIFORM SOLUTIONS



**Mon - Thur**  
**8am - 11am**

## Uniform Shop Hours

Entry via St Vincent Street bottom gate



# Weekly Specials

## WEEK THREE



**Roast Beef and Gravy Roll**  
**\$5.00**




**Broccoli Salad**  
**\$6.00**

Order at the Canteen and available through Flexischools

Available everyday of the week Break 2 until sold out.


## STUDY CENTRE IN THE LIBRARY



THE STUDY CENTRE

TUES & WED AFTERNOONS

3:00PM - 5:00PM



### Dates to remember

	<b>Term 2, 2025</b>
Mon 12 May	Yr 7 - 10 UOW My Future Matters Visit P&C Meeting 6:30pm
Tues 13 May	Bus for Reconciliation Opens Oz Tag Zone Cross Country Bill Turner Cup - Girls Soccer
Wed 14 May - Wed 25 June	Girls Can Too - Trade Day (every Wednesday)
Thur 15 May	Conjola Canoe 8 White
Mon 19 May	Year 11 EES Dark Beach Excursion
Tues 20 May	World Bee Day
Thur 22 May	Conjola Canoe 8 Blue EXPO@UHS
Mon 26 May	National Sorry Day
Wed 28 May	Yr 7 Water in the World Excursion
Thur 29 May	Conjola Canoe 8 Red
Fri 30 May	Zone Athletics
Wed 4 June	First Nations Defence Force Experience
Thur 5 June	Community Careers Showcase
Mon 9 June	Public Holiday

## Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online.



**Benefits of providing online consent:**

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

**To provide online consent, you will need:**

- to visit: [nswhealth.service-now.com/school](https://nswhealth.service-now.com/school)
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.





For more information on vaccination visit: [health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination)

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### Community News

## School Zone Offences

To avoid receiving a fine, when you are dropping off or picking up children, please observe the road rules associated with signs around schools. These are a guide only and are subject to change without notice.

 <p><b>SCHOOL ZONE</b> 8-9:30 AM 2:30-4:00 PM SCHOOL DAYS</p>	<p><b>SPEEDING OFFENCES</b></p> <p>Speeding increases the chance of a crash resulting in severe trauma and injury. It's not worth the risk.</p> <p><b>Penalty May Exceed Notice</b> <b>\$4385 + 7</b> Demerit Points</p>	 <p><b>BUS ZONE</b></p> <p>Do not stop here for any reason. A Bus Zone allows buses to drop off and pick-up passengers safely.</p> <p><b>Penalty May Exceed Notice</b> <b>\$387 + 2</b> Demerit Points</p>
 <p><b>MOBILE PHONE USE</b></p> <p>You must not drive while using a hand-held mobile phone in a school zone.</p> <p><b>Penalty May Exceed Notice</b> <b>\$514 + 5</b> Demerit Points</p>	 <p><b>U-TURNS</b></p> <p>You can be penalized for dangerous U-Turns in a school zone.</p> <p><b>Penalty May Exceed Notice</b> <b>\$514 + 4</b> Demerit Points</p>	
 <p><b>CHILDREN'S CROSSINGS</b></p> <p>Orange children crossing flags and hand-held stop signs must be obeyed. If you stop on or near a child's crossing, penalties will apply.</p> <p><b>Penalty May Exceed Notice</b> <b>\$644 + 4</b> Demerit Points</p>	 <p><b>DOUBLE PARKING</b></p> <p>Do not stop on a road between the centre of the road and another vehicle that is parked at the side of the road, to wait, pick-up or drop off passengers.</p> <p><b>Penalty May Exceed Notice</b> <b>\$387 + 2</b> Demerit Points</p>	
 <p><b>NO PARKING</b></p> <p>Stop here for up to two minutes or drop off and pick-up passengers. You must always stay within three metres of your vehicle. No parking zones provide a safe place to drop off or pick-up children.</p> <p><b>Penalty May Exceed Notice</b> <b>\$215 + 2</b> Demerit Points</p>	 <p><b>NO STOPPING</b></p> <p>Do not stop here for any reason. No stopping zones keep sight lines clear for drivers and children. Drivers also must not stop at the side of a road marker with a continuous YELLOW LINE. This line means the same as no stopping.</p> <p><b>Penalty May Exceed Notice</b> <b>\$387 + 2</b> Demerit Points</p>	

For information about Australian Road Rules call 13 22 13 or visit [www.transport.nsw.gov.au](https://www.transport.nsw.gov.au)

This information was provided by Shoalhaven City Council's Road Safety. Updated 1 October 2023.

The information in this document is intended as a guide only and is subject to change at any time without notice.





## Mindfulness & Meditation

for our young community

An 8 week mindfulness and meditation course for 15-25 year olds, dedicated to creating a peaceful, supportive space to nurture youth wellbeing and connection

- When? Tuesdays, 5:30 - 7 pm session, beginning 13th of May - communal dinner provided after session
- Where? Manjushri Buddhist Centre - 40 Wason St, Milton NSW 2538

**Jacky Howarth**  
(0419 146 677)  
or **Flo Brown**  
(0492 911 887)



Free Course



