Transfoming good intentions into Great Results

As we start Term 4 it is important to put goals in place. Think ‘growth mindset’. Think ‘great results’. Ask yourself the questions to set and achieve your goals.

G - Goals ‘What do you need to achieve?’
R - Reality ‘What is happening now?’
O - Options ‘What could you do?’
W - Will ‘What will you do?’
T - Tactics ‘How and when will you do it?’
H - Habits ‘How will you sustain your success?’

As my students know, I am a fan of a good metaphor and the narrative. I believe any student or person has the ability to write their own successful narrative.

The last day of Year 12, I watched as you climbed the summit at dawn for the sunrise on Pigeon House. Getting to the top of that mountain was up to each and every one of you. Our great teachers were there supporting and encouraging you, your friends egging you on, however, it was you who had to put one foot in front of the other to get to the top.

It was tough, it was steep, it was tiring, it was cold and windy, it was long, stairs too high, track too windy, there were a million excuses not to make it to the top, but you all did. And what you did when the very last person made it, we all cheered. Congratulations... to all of you. This is just many of the summits you will have in your life, don’t create excuses for not succeeding, rather find that ‘grit’ within you to conquer that summit. And then come back and tell us about it, we will love to hear. All the best for your HSC Exams.

Our Real World classroom experience is kicking goals!

At UHS our Music teacher Mr Skinner conducts the VET course called Entertainment Industry. It is in its second year and our students are achieving outstanding success through learning about their passions in the entertainment industry. Caitlin B was a stage manager for the Milton Follies production of Badjelly The Witch at Milton Theatre, under the direction of K-M Doyle - who was so impressed with Caitlin that he has made her assistant director for their next production “Summer Wonderland”. Caitlin is working toward a director's role.

Mitchell B was the lighting technician for Bad Jelly. He did such a good job that they created a new position for Mitchell as in-house lighting technician at Milton Theatre.

Jarod R and Jacob M both worked the Ulladullirious Festival. Tim from Ulladullirious is an ex UHS student and he currently hires PA’s and technical equipment in the local area.
Medal Winner at National WorldSkills

We are very proud of Renae A, Year 12, who snatched the silver medal for Business Services in the 2014 National WorldSkills VET in Schools competition in Perth at the end of last term. Over the three five hour days of the competition at the Perth Convention Centre, Business Services competitors were expected to complete a diverse range of office administration tasks, including word processing hand written letters for clients, emailing attachments, designing promotional material for tours following the company’s policy and procedures for the style guide, performance appraisals and recording faulty equipment. They created a database of clients, mail merged data and created form letters and mailing labels; created spreadsheets using format enhancements and formulas. Moreover they answered telephones, photocopied, bound documents, handled mail and dealt with reporting a workplace accident, all as part of a busy day in the office. The PowerPoint presentations on safe work methods using chemicals and Safety Data Sheets in the workplace was a highlight as competitors addressed parents and mentors in their address to the ‘staff meeting’.
In other words, Renae would be a wonderful asset in any business and has been a top student at Ulladulla High.

Principal’s Last Word...

Ensure you set your standards high and one you truly aspire to.

Good.. Better.. Best...

Apps of the Week

My Fitness Pal

and

Pinterest

HSC Textile Major Projects make us proud

There are dresses quilts wall hangings feathers and feltings all on view for you to admire - don’t miss this opportunity to see the creativity and expertise that has gone into this year’s HSC major works! Come to the Library during school hours some time this week to view.

Champions in Equestrian

Congratulations to the girls who competed in the Berry Interschools Equestrian Competition recently. What fabulous results and they looked fantastic in the UHS saddle cloths and browbands - thanks to the generosity of our Ulladulla High School P&C.

Brittany S won her test dressage tests - the Elementary 3.1 with 67% and the Elementary 3.2 with 69% and got Champion Secondary Dressage Rider.

Laura M was 1st in the Riding Class and Pairs with Toni M, 2nd in the Bareback Rider and Best Educated Hack, and 3rd in the Best Presented and Local Rider.

Toni M was 1st in Pairs with Laura M and in the Bareback rider, and 3rd in the Best Educated Hack and Novice Hack.

Sienna J was first in the Riding Class, 1st in three Showjumping Classes and won all the Sporting Events.

Go girls, very proud of you all!!
Ms Hewitson, Teacher
**Uniform Swap Shop**
**Open**
- Wednesday 8.30-9.30am
- Friday 8.30am-9am
located behind Canteen
Please send in more clean preloved uniform

**From Canteen**
**Wednesday Special**
**Meatball Subs** $3.00
Free Vegemite Toast available Tuesday
Wednesday and Thursday mornings thanks to
the SRC, Bakers Delight and Ulladulla Anglican Church
Organise your LUNCH ORDERS in the morning
Bags, pens and price list supplied
Canteen List on [http://www.ulladulla-h.schools.nsw.edu.au](http://www.ulladulla-h.schools.nsw.edu.au)

**P&C Meeting** TONIGHT (Monday)
7pm in Library
Love to see your smiling faces!

**The Change Within**
Tonight I won’t be coming back from the darkness… from the horror within. I won’t change back or return to the world. The thing I change into is horrendous and hideous. I try to make it stop, but it has gotten stronger and harder to control, and if I let it out, the world will end.
Zoe Hewitt
To post your own story please email: suanne.knight3@det.nsw.edu.au and make sure you label your email with: The Writers Block.

**Integrated Sport**
If you haven’t already paid your $10 for Term 4 Integrated Sport, make sure you do to avoid disappointment. So many great sport experiences on offer for students!

**Uniform Shop**
**OPEN MONDAY-FRIDAY**
8.00am-10.00am
Entry available through lower St Vincent Street gates
(Dial #152 on intercom to request gates be opened)
Uniform price list can be found on our website
[http://www.ulladulla-h.schools.nsw.edu.au](http://www.ulladulla-h.schools.nsw.edu.au)

**Students of the Week**

**Lily O** Year 11/12, is truly a quiet achiever, working towards her personal best constantly. Lily is a great role model with her calm and organised approach to school life.

**Preston B** Year 7, has shown impressive imaginative and technological skills with his 3D computer projects. Preston is really an original thinker who UHS is proud to have.

Congratulations to Lily and Preston. Keep up the good work!
We look forward to bringing you next week’s students of the week!

**Promotion Roll Call**

*Who we are - Where we live...*
Awesome photo by Dane Colley, Year 9

*Week 5 is the last week for publishing photos to appear in this year’s exhibition - but keep them coming in for 2015!*
Community News

A 700 sq metre Martial Arts & Fitness Centre
Running specialised Martial Arts & Fitness classes
- one month FREE training!!
- great family discounts!
P: 1300 76 22 76
Please bring newsletter - Offer ends 30th October 2014
WWW.SOUTHERNMARTIALARTS.COM.AU
established since 2001

You are invited to our Opening Night
Monday 10th November to see fabulous art works,
hear great music and see Drama and Dance performances
starting at 6pm in the MPC

Reminder: New bell times for Ulladulla High School:

Warning bell is at 9.00am and Period 1 commences at *9.05am. Roll Call is now at 10.45am.
Recess is still 11.05-11.25am and lunch is 1.05pm-1.45pm. The 3.25pm bell signals the end of day.
*It is important that all students are in their classrooms by 9.05am to commence lessons.
If a student is late, they must sign in at Student Services and if there is no parent/carer note an
SMS will be sent to parent/carer mobile.

Community News

Dates to Remember

Mon 13/10 P&C Meeting 7pm in Library
Tues 14/10 Principal’s Tour To Book Ph 4455 1799
Thurs 6/11 Year 12 Formal at Civic Centre
Mon 10/11 Opening Night CAPA Extravaganza in MPC
Tues 11/11-Thurs 13/11 CAPA Extravaganza
Tues 18/11 Coolendel Camp Y7 - all week
Fri 21/11 Who We Are Exhibition Opening, Dunn Lewis
Mon 1/12 Y7 2015 Parent Info Night 6pm in MPC
Wed 3/12 Year 7 2015 Orientation Day
Thurs 4/12 Friends of the School Luncheon
Fri 5/12 Back 2 Basics Day
Sun 7/12 Greenpatch Camp Y11 - all week
Mon 15/12 Presentation Night 7pm in MPC
Tue 16/12 Report Assemblies for Y7,8,9,10
Wed 17/12 Last Day of School

http://www.ulladulla-h.schools.nsw.edu.au