Quality People, Quality Teaching, Quality Learning for Everyone

Ulladulla High School
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Term 4 Week 10B 8-12 December 2014
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Authentic Learning at our AG plot
If you have had the opportunity to wander around our Ag plot you will be amazed by the quality, authentic and engaging place it is. Congratulations on the Official opening of the “Learning Space’ last week.

Sport and success: building a fit and strong group of young people
Congratulations to our wonderful sports teachers, it has been a journey to revitalize sport.
Firstly, I would like to thank the Sports Organiser, Mrs Williams, on a fantastic job this year, ably supported by the sports teachers each week. The fact that sport activity has increased immensely is a factor of success. Everyone benefits from a fitter, stronger group of young people. The Sports Assembly celebrated the fun, the enthusiasm and the achievements of our young people. A huge thank you to Pam Burridge for joining us to present the winning house. Congratulations to all the award winners and the hugest congrats to those who applied themselves every week to doing their best!

Connecting Brain, mind and heart. Being optimistic improves learning...
At Ulladulla High we are about being positive and optimistic, we build a growth mindset. Neuroscientists recently discovered that optimism is associated with brain pathways connecting the left prefrontal region to the amygdala. Further research has demonstrated that optimism, traditionally considered to be an unchangeable trait, is a way of thinking that can be learned and enhanced. People with a positive viewpoint have less stress, better creative problem-solving skills, and better health outcomes than less optimistic people. In addition, optimistic learners are more likely to persist in the sometimes-hard work of learning, motivated by the belief that they can accomplish their learning goals.

Evaluate your mistakes to make 2015 awesome!
"Everyone who enters here will learn."
Learning means not being afraid to examine mistakes that teachers make and encouraging students to think in ways that might produce mistakes. Use all these mistakes to learn from, to improve, and to feel good about individual progress. Remember the GROWTH model for goal-setting.

How do we build a GLOBAL Education?
Decision Time for Year 12 2015!
Over the last week, we have ensured that students are setting learning goals that will allow them to achieve their dreams. It has also been a time to review progress and this has been done authentically and with care. Year 12 students to achieve success must have an attendance rate above 85%, ideally it should 100%. They cannot have N Determination warnings, and their participation in learning in every classroom must be respectful, responsible and reflect sustained effort and diligence. Students who struggle with maintaining those goals, are continually assisted by the school with free tutoring, mentoring and improvement plans. However, there comes a time, if that is still not enough those students will be required to make a decision. Are they building in themselves a global education and what decision should they make about their future?

Have an amazing last one and a half weeks.
Denise Lofts, Principal

Principal’s last word
“Appreciate and celebrate all the small things”

Brooke, Temia and Juul - three of our hard working Year 7 students
http://www.edutopia.org/blog/building-math-positivity
When a girl is educated everything changes

This is the motto inspiring our Year 9 Psychology students to try and make a difference for girls living in poverty-stricken countries. Friday night (14th November) approximately 80 of the school’s girls from Year 7 through to Year 11 packed their sleeping bags for a sleepover. Far from your typical gossip-fest, movie-watching, stay up until dawn sleepovers usually associated with teenage girls, the Ulladulla High School students were out to raise awareness for the #GetDeep campaign.

The Year 9 Psychology class, encouraged by their teacher, Melanie Clare, presented an initiative for raising money to help educate girls in poverty-stricken countries. It is an all-girls class which is very unique at Ulladulla High and we have been studying mindfulness and happiness and part of this was random acts of kindness. This lead to conversations of us being grateful for where we live and what we have. Then we decided to help those less fortunate and this campaign is what we came up with. The class pitched their ideas and researched different foundations and decided to raise awareness by holding the sleepover in the school’s MPC. The foundation we chose to support is One Girl.org which particularly focuses on girls in Sierra Leone, Africa. We called our particular fundraiser #GetDeep because in the planning stages we decided that we had to get right into it, i.e. #GetDeep, for this fundraiser to work. The Psychology class worked tirelessly planning games and activities, as well as providing education during the night about the challenges girls throughout the world have when trying to access basic education. We watched stories from the Girl Rising DVD, we had trivia on challenges for girls throughout the world and we learnt of the health perils in not having access to fresh water.

To make the night authentic, we provided the girls with only a bowl of boiled rice for dinner, along with a cup of dirty water (well it was clean water with black food colouring to give the impression of it being dirty). We played blind-folded makeup, had a fashion parade with outfits made from newspapers, had a talent quest and a simulation game about poverty. We had so much fun. These girls have been amazing and inspirational in their organisation and running of this night. I am very proud of them and proud to be their teacher.

In the lead-up to the event former surfer and model, turned television presenter and inspirational author, Laura Andon, donated 100 of her books, The Ride of Life, to be given to each girl who was part of the campaign.

The Ride of Life is an empowering and inspirational learn to surf book. Laura uses surfing as a metaphor and her book encourages people to stand up for themselves, both in and out of the water, helping to turn dreams into reality.

Many local businesses supported us in this campaign. We would like to thank the following businesses for their generous donations: Harvest Bar Milton, Coles, Whims, Pippis, Ulladulla Discount Fabrics, Arcadia Twin Cinemas, Funland, Sportscene and Bawley Point Newsagency. Ulladulla High School thanks all these businesses and Laura for their generous spirit.

The big plan is to eventually travel to a third world country to volunteer to help improve the educational opportunities of girls in these countries. Planning will begin next year. For more information visit www.onegirl.org.au/

Mel Clare, Psychology Teacher

A very appropriate quote from Lara Andon’s book

Year 9 Navy Visit

On Tuesday 25th November I was proud to take a group of lovely students on a tour of HMAS Albatross.

The day included a gym training session, a visit to the armoury with hands on weaponry handling, tour of the hospital and medical unit. Then we were shown around the airstrip to view the tower and aircraft carrier flight deck. We learnt a lot about careers in the Navy and had a great day.

Thank you Ms Karaboikis for organising the day.

Mrs Lees
Uniform Shop
OPEN MONDAY-FRIDAY this week  8-10am
Open Monday &Tuesday ONLY next week
8am-10am - then CLOSED for Christmas
Entry available through lower St Vincent Street gates
(Dial #152 on intercom to request gates be opened)

January Dates for Uniform Swap
Open Monday 19/1-Friday 23/1 8am-4pm
Tues 27/1 8am-4pm  Wed 28/1-Fri 30/1 8am-12pm

Canteen   We need volunteers for 2015
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
Canteen List on  http://www.ulladulla-h.schools.nsw.edu.au

Last P&C Meeting for 2014
TONIGHT (Monday)
7pm in Library

Students Create Memories

Our Year 10 art students have designed and painted a mural
for the residents of Mimosa House at Sarah Claydon
Retirement Village. The mural has a unique design because it
has been created specifically for residents with dementia. The
students researched dementia as part of this project and the
colour selection was very specific. The students enjoyed the
experience and Acting IRT Group Chief Executive Craig
Harner said the joint project was a great way to introduce
students to aged care. We are very proud of the hard work
put in by students and we love the result - so do the residents
in Mimosa House!
Jacqueline Villiers

“Words have wings,
so speak good things”

Uniform Swap Shop
Open Tuesday and Friday  8.30am-9am
Last day is Tuesday 16th December

JANUARY DATES
OPEN  Monday 19/1 8.30-10.30am
and Tuesday 27/1 8.30-10.30am
located behind Canteen

Who we are - Where we live...

Jan T’s photo this week

Students of the Week

Oriane V Year 10 is diligent and
hard working. Oriane is admired
by students and teachers for her
lovely attitude. Oriane is a
swimmer to watch out for in the
public arena of the future!

Heath L Year 8
has participated actively in
class and shown a great attitude
towards working cooperatively
with others since arriving this
Term. It has been noticed that
Heath has quickly taken on the
UHS attitude of "Strive for the
Summit" as he always tries his
best

Congratulations to Oriane and Heath.
Keep up the good work!
We look forward to bringing you the last two
students of the week for 2014 in next week’s
newsletter.

Promotion Roll Call
**Presentation Extravaganza**

EVERY student and their family is invited to our Presentation Night next **Monday, 15th December** in our Multi Purpose Centre commencing promptly at 7.00pm. Note: Award recipients need to be seated by 6.30pm.

Please join us to showcase outstanding students’ achievements right across the school spectrum.

Dux for the year is the student with the highest ATAR result and we congratulate Kento Croft, Dux for 2013. The Dux award for 2014 will be presented at the 2015 Presentation Night.

I would like to take this opportunity to thank the P&C who once again have supplied the catering, the Marie Wilson “Strive for the Summit” Scholarship and the 100% Attendance Awards. We are extremely grateful for the huge number of businesses who have financially supported this wonderful event. Sponsors will be listed in the program and on the back of the prize vouchers. We look forward to hearing our guest speakers for the evening—the talented trio of past students Elle, Grace and William Chapman!

Photos of our evening will be published in the Christmas Eve edition of The Times newspaper.

What a fantastic way to celebrate the close of another high achieving year. Make sure you join us on the night to “Celebrate Excellence”!

Ros Hackett
Relieving Head Teacher Student Wellbeing

**The Field**

This sunny day fills my soul with wonder as the flowers show their passionate colour. The long, green grass sways softly in the sun. It dances with nature; it looks so fun. I lay in the middle looking at the sky blue, so peaceful, yet the colour of sad. Who knew? My happiness cannot blow away with the clouds, the big white pillows just look so proud. This unbelievable place will make you yield, so come and enjoy the view of the field.

Sarah P, Promotion Roll Call

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**Telly’s Home Made**

**LEBANESE CUISINE**

Introductory prices and free delivery until Christmas

As well as delivering meals, we also cater functions, Xmas parties, birthdays, wedding, end of season sports presentations etc.

Delivery menu is on FACEBOOK of ‘Telly’s Lebanese Catering’

An extended menu applies for function catering

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**The K.I.S.S. Arts Festival Circus Workshops at Kiama**

Learn Trapeze, acrobatics, juggling, unicycling, Hula Hoops, comedy performance, how to work in a group and much, much more. The workshops will focus on mental and physical development, confidence building, dexterity and the basics of performance. We intend to have a lot of fun and we guarantee exhausted happy kids!!

Dates: **5th – 9th & 12th – 14th January**

Ages: **4+**

Times: **10am – 3pm**

Cost: **$50 per person**

Bookings at [www.kissartsfestival.com.au](http://www.kissartsfestival.com.au) or by phoning: 0403 817 549

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**Dates to Remember**

Sun 7th-Fri 12th   Greenpatch Camp
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 for students

January Dates for Uniform Swap
Open Monday 19/1-Friday 23/1 8am-4pm
Tues 27/1 8am-4pm Wed 28/1-Fri 30/1 8am-12pm

Uniform Swap Shop
**OPEN Monday 19/1 8:30-10:30am**
and Tuesday 27/1 8:30-10:30am

**Dates for your Diary in 2015 School Year**

Tues 27/1 School Development Day (pupil free)
Uniform Shop Open 8am-4pm
Uniform Shop Open 8.30-10.30am
Wed 28/1 Y7, 11 and 12 students 1st day for 2015
Thurs 29/1 Y8, 9 and 10 students return
Thurs 5/2 School Photos
Mon 9/2 P&C Meeting 7pm in Library
Tues 10/2 Swimming Carnival
Mon 16/2 Welcome to Y7 Family BBQ 5.30pm

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