Quote from Year 7 student ‘... I can’t believe people think Doctors are more important than Teachers and Principals, because without Teachers and Principals you wouldn’t have doctors’

Harmony is about tolerance and empathy
Harmony Day is 21st March and our SRC are busily getting ready to have a food fare of many nationalities and traditions. There will be music and cultural happenings. I encourage all our students to get involved and support this excellent initiative. It is about that we need to work and live together in Harmony. We are a community that strongly represents this.

‘Be the change you want to see’

Our students are polite, mature and are world class learners
Over the past week I have been very proud of our students for their courteous, respectable approach to all things. The friendly, dedicated and happy way in which our students are undertaking their class work and showing excellent manners has not gone unnoticed. I have received a number of emails and compliments positively praising our students. Keep up the great attitude. Remember, you deserve the very best for your educational Success.

A sincere compliment and ongoing excellent leadership
This week we have decided that the only thing we want online is a ‘Sincere Compliment’. Anything we do on Facebook, Instagram etc is only going to be positive. This supports our “String Movement” that aims to disarm bullies by uniting in the wearing of a single string which shows that it is not OK to be a bully. We only only accept “sincere compliments”. View this Youtube video about Jerimiah. https://www.youtube.com/watch?v=2InkWRc1zww

Tour Ulladulla High School’s world class learning facilities with the Principal tomorrow (Tuesday) at 4pm
Scientists in Schools

We are very excited to announce that we have formed a partnership with Associate Professor Marc in het Panhuis from the University of Wollongong! Scientists in Schools is a national program that creates and supports long-term partnerships between secondary school teachers and scientists. The Scientists in Schools program allows schools to work with an active researcher in a flexible, professional partnership. Marc has studied and worked in four different countries (Netherlands, Ireland, United Kingdom and USA) before settling in Australia to join the University of Wollongong in 2006. His main research focus is to combine bio and synthetic polymers with carbon nanostructures, and/or conducting polymers via processing techniques such as additive fabrication into soft (wet and tough) materials for water treatment, soft robotics, bionics and tissue engineering applications. Understanding material characteristics and its importance in processing and materials fabrication has enabled him to make a number of breakthroughs in the processing of conducting materials (including printing of device structures) as well as the development of self-healing hydrogels and bio-inks for the printing of living cells.

Joshua Westerway
Head Teacher Science

Reading opens up a world of inspiration.
“Bradbury Last Man Standing”.
Have our students ever heard of ‘Steven Bradbury’ a name that has become synonymous with flaky success, but his golden moment in 2002 was anything but that. His inspirational story is one of obsessive training, burning pain, setbacks, sacrifice and life-threatening injuries. He is gutsy Australian Larrikin who fought all odds to compete in four Olympics and win Australia’s first Winter Olympics gold medal. His story is inspiring. I encourage all our students to read about our most tenacious Australians, as they provide incredible journeys that can influence our own endeavours to achieve the very best. Google “Steven Bradbury” Gold medal 2002, on Youtube. Definitely worth a read!

Have an excellent Week.
Denise Lofts, Principal

Principal’s Last word...

For the next three weeks we have 8 Practice teachers in our school. They are examples of the outstanding direction that education in general is taking. “Great Teaching Inspired learning”. Please welcome them to our great school.

Have a Taste of a Different Culture

On March 21st the SRC will be holding a food fair with food from around the globe to celebrate Harmony Day 2014. There will be free activities for everyone and music playing in the MPC at lunch time. Come and celebrate the day with a new flavour!

Looking also for your Harmony Day posters for the competition… We have prizes from Akwa Surf Shop vouchers, ITunes gift cards and Canteen vouchers.

Tie Up to Stand Up
On March 21st as well as Harmony Day there will be a National Day of Action against Bullying and Violence. At lunch time there will be a stall giving out string and holding games supporting the string movement. Please come and support this important movement.

Promotional Roll Call

Special Ed

These students have cooked a nice spaghetti using ingredients from our Special Ed garden. Students tend this garden with the guidance of Trevor Zappas. Students chose the recipe, picked the tomatoes and basil from the garden, washed, prepared and cooked the meal together.

App of the week

PHOSTER
This is a user-friendly application to create stylish posters and various invitation cards.

CASUAL GENERAL ASSISTANT AND / OR FARM ASSISTANT WANTED

We are currently seeking Expressions of Interest for casual employment as the General Assistant and/or Farm Assistant at Ulladulla High School. Duties include maintaining and caring for school grounds, minor maintenance of buildings and equipment, farm duties and other duties related to the roles. A ‘working with children check’ will be required for the successful applicant. Please submit your application to the school Reception including past experience.

Bailey, Britannie, Natasha, Caitlin and Jacob
Uniform Swap Shop
Open Fridays 8.30am-9am
Location: behind the Canteen
entry via South Street gates
We appreciate donations of clean preloved uniform items - please leave at Reception or Student Services, or the Uniform Shop. Thank you.

Who we are - Where we live…
Photo by Dane C

From Canteen
Lots of yummy food at great prices!
Free Vegemite Toast available Tuesday and Thursday mornings thanks to the SRC volunteers and Ulladulla Anglican Church

**Canteen Meeting 3.45pm Wednesday 19th March in Canteen
All Welcome
Organise your lunch orders in the morning
Canteen phone number Ph4454 1758
Thank you to the new volunteers who have joined us.
Check on http://www.ulladulla-h.schools.nsw.edu.au for the Canteen menu & pricelist

P&C News
At the meeting last Monday we were pleased to have the opportunity to thank the outgoing executive and welcome the new office bearers. We have no President or Treasurer at present, but delighted to have two new faces for Vice Presidents, Julie Ramsden and Kylie Wilson. We thank Janelle Collins for continuing as Secretary. A big big thank you to Paul Fa'oa and Jake De Salis for their years of service as Treasurer and President and Patricia White and Michael Cvetkovic as Vice Presidents respectively.

Ready for your personal tour of UHS?
The Principal is looking forward to personally escorting visitors through our wonderful world class learning facilities tomorrow afternoon (Tuesday) starting at 4pm. It is not too late to join us, so please phone 4455 1799 and book in.

Uniform Shop
OPEN WEEKDAYS
Monday–Friday 8.00–10.00am
Entry available through lower St Vincent Street gates
(Dial 152 on intercom to request gates to be opened)
*Seniors cotton/acrylic cardigans $73 (limited stock available now)

Options for payment:
- Cash or Eftpos or Credit card, Mastercard, Visa (parent/guardian to make purchase in person)
- No Layby and NO PERSONAL CHEQUES accepted
- Retain receipts for exchanges and tax purposes
- Online ordering and payment - go to www.daylightsportswear.com/ulladulla and set up your account profile to place your order

Research shows ‘Wearing uniform reduces peer pressure, raises a school’s pride, assists in discipline problems, gears focus more to learning, creates a more work-like atmosphere and leads to less distractions.’

Uniform price list can be found on our website http://www.ulladulla-h.schools.nsw.edu.au

Students of the Week
Zoe G Year 7, is very cooperative and keen to do all practical activities. Zoe is a great student and is proving herself to be a quality world class Ulladulla High School learner.

Thomas W Year 9, is a good representative of the type of student that makes us all proud to say that we learn, play, teach and create within the Ulladulla High School environment. Thomas is a steady, determined worker and respected by his peers and teachers alike.

Congratulations Zoe and Thomas. Keep up the good work!
We look forward to bringing you next week’s students of the week!
Promoton Roll Call
Talented Tennis Duo

Shaylee S and Brittany A were chosen to participate in the CHS Individual State Tennis Trials at North Parramatta. Shaylee played in the Open Girls Division, whilst Brittany played in the 15 Year Girls Division. Shaylee began well by winning her first match 9-4. Her next match was against the 5th seed and she was defeated. She was then placed in the consolation singles draw. She won all her matches and made the final which she won 7-6 in a tie break. This is the first time Shaylee has played the Open Division. The level of tennis of the top seeds is very strong. The top 16 girls of the Open Division go on to represent NSW in the Pizzey Cup. Brittany began the 15 year girls draw and won her first match 9-4. Her next two matches were tougher, but she won each 9-7. This placed her in the Quarter Finals. Again another close match and she won this 9-7. The Semi Final meant she had to play the No 1 Seed in the event. Unfortunately she was defeated. Brittany then played off for 3rd and 4th position and she won this in a tie break. Both girls participated in the doubles event in their respective age groups. Some great tennis was played by them both over the 3 days of the tournaments.

Book Review:

**The Maze Runner – James Dashner**

The Maze Runner is about a young boy called Thomas who is thrown into a horrible place called the Glade. When he wakes up he has no memory of family, friends or the outside world, except for recurring dreams about a strange organisation. The Glade is a place which is home to over 200 boys who also do not know anything, but their first name, and the monstrous machines that crawl around the Maze, called Grievers. As Thomas spends more and more days in this place, he uncovers secrets that haven’t been known until his arrival. I recommend this book for all ages, as it is a great read. The movie is coming out this year, so if you’re someone who likes to read the book first, start now!

10/10

By Sarah P

UHS Youth Bushcare Group

The second Bush Regeneration Activities Day for 2014 will be held tomorrow, Tuesday 18th March. Under the guidance of Council’s Coordinator Miss Cate Brooks selected students will participate in the following:

- Periods 1 & 2: Year 7 and 8 have Environmental Induction (for new recruits)
- Target weed species - Japanese Honeysuckle
- Follow up on Lantana
- Periods 3 & 4: SEC & selected YBG members
- Target weed species – Japanese Honeysuckle
- Erosion control with brush matting

PARTICIPANTS MUST BRING A CHANGE OF STURDY CLOTHES, ENCLOSED SHOES/BOOTS, & HAT.

Meet promptly after roll call/recess at the northwest corner of Q block (adjacent kiln). From there we will head to change rooms and collect our equipment.

Interested Year 7’s and Year 8’s please see Mr McDonell or Mr Woodland today at first half lunch in the middle Q block foyer.

Parent Teacher Student Meetings Years 10, 11 and 12 Monday 24th March 2014

Teachers are looking forward to meeting you face to face to discuss learning with you and your student. Unfortunately online bookings are not available this term, so we have sent home a booking sheet with a letter. Don’t miss out on this wonderful opportunity to encourage learning first hand.

You’re invited Year 7 & 8 DISCO

(Help raise money for Cancer by attending)

Time/Date: 27th March (Thursday) 6.30-9pm
At Ulladulla High School Hall
Cost $4 (be ready to pay in roll call this week)
Theme/Dress Code: Super Heroes

Careers News

**The HCS and Careers Expo 2014**

Thursday 29th May to Sunday 1st June 10am - 3pm
Royal Hall of Industries, Moore Park, Sydney
More info on our website or [www.hscandcareers.com.au](http://www.hscandcareers.com.au)

**Western Sydney Careers Expo 2014**

Thursday 19th to Sunday 22nd June 10am - 3pm
Sydney Showground, Sydney Olympic Park
More info on our website or [www.westernsydneycareerexpo.com.au](http://www.westernsydneycareerexpo.com.au)
**SPORT SNIPPETS**

**Swimmers off to state...**

Last Thursday a team of swimmers attended the CHS regional swimming carnival at Dapto. An early start for most with some very pleasing results. Well done to all those who competed and a huge congratulations to the following students who will represent UHS at state next month.

**Oriane V:** 1st place in 100m Freestyle, 100m Backstroke, 100m Breastroke, 100m Fly, 50m Freestyle and 200m Individual Medley.

**Piper H:** 1st place, 100m Breastroke.

**Daniel W:** 2nd place, 100m Backstroke.

**Hannah F:** 3rd place, 100m Breastroke.

**Jed W:** 3rd place, 100m Backstroke.

**Lilly M:** 3rd place, 100m Backstroke.

**Oriane V, Sarah M, Hannah F & Makenzie R:** 2nd place, 200m Medley Relay.

**Jessica W, Anna S, Anniel A, Oriane V:** 2nd place, 15 yrs 200m Freestyle Relay.

**Mia Garin, Zali P, Rachael K-D & Sienna J:** 3rd place, 13 yrs 200m Freestyle Relay.

**Jed W, Charlie B, Lachlan P & Jonathon S:** 3rd place, 14 yrs 200m Freestyle Relay.

*FREE CHOICE* SPORT WEEK POSTPONED ONE WEEK:

A reminder that ‘free choice’ week has been postponed until next week (Week 9) due to an error in our invoicing process. Unfortunately the $40 integrated sport fee did not appear on Year 7 statements. This means students wishing to participate in an external sport now have until Tuesday 18th March to make their payment. A term by term payment of $10 can also be made.

Sports choice will open on Tuesday 18th March at 11.10am. Students will receive instructions in roll call on Tuesday morning showing them how to make their sport choice.

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**Koori Korner**

**AIME visits UHS**

On Friday Steve Mitchell for the Australian Indigenous Mentor Experience visited our Koori and Peer roll call students to talk about the importance of leadership and following your dreams. Steve heads the Mentor team in the Shoalhaven region for the University of Wollongong to which we are proud participants. Students also got to preview our Gadubun Njabus leadership film from our Scott’s Head trip.

**AB STUDY**

Ab study letters will be going home this week, if you have any queries please contact Sharon on 4455 1799.
Free ‘Parenting for Success’ Presentation
Monday 7th April 9-11am at Dunn Lewis
Learn how you can best help your child to thrive in an increasingly complex and challenging world. Help them avoid coping strategies that are harmful so they can reach their full potential. (A donation of $2 at door to support local D&A education programs is appreciated).
Bookings essential: Phone Tina on (02) 4254 2700

For the safety of students and the community from SCC:

**SCHOOL ZONE – Traffic & Parking Offences**

<table>
<thead>
<tr>
<th>Offence</th>
<th>Penalty</th>
<th>Maximum Penalty</th>
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</thead>
<tbody>
<tr>
<td>Speeding Offences</td>
<td>$3612 + 7 Demerit Points</td>
<td></td>
</tr>
<tr>
<td>Mobile Phone Use</td>
<td>$405 + 4 Demerit Points</td>
<td></td>
</tr>
<tr>
<td>Children’s Crossings</td>
<td>$506 + 4 Demerit Points</td>
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<tr>
<td>U Turns</td>
<td>$405 + 4 Demerit Points</td>
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<tr>
<td>No Stopping</td>
<td>$304 + 2 Demerit Points</td>
<td></td>
</tr>
<tr>
<td>No Parking</td>
<td>$169 + 2 Demerit Points</td>
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<tr>
<td>Bus Zone</td>
<td>$304 + 2 Demerit Points</td>
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</tr>
<tr>
<td>Double Parking</td>
<td>$304 + 2 Demerit Points</td>
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**Do you want to travel overseas in your summer holidays?**

There are still a limited number of places available with the LIONS Youth exchange programs. You need to be between 16 and 21. Countries include France, Germany, Spain, Japan, Europe, North and South America, America, Malaysia, New Zealand and Scandinavia.

Accommodation is provided at no cost by host families associated with Lions Clubs International. Departures this year are early December, returning mid January.

Costs depending on the country range from $1800 - $5900.

Applications close 30 June 2014.

More Information is available from www.lionsclubs.org/ye

**MILTON ULLADULLA RELAY FOR LIFE 2014**

Saturday 29th March - Sunday 30th March at Milton Showground.

Grab a few of your and friends, family or work colleagues and make a team. Take turns in walking a few laps over 24 hours. Registration is now available online at www.relayforlife.org.au.

Come and help celebrate cancer survivors - remember loved ones we have lost - and to fight back!

**Blessing of the Fleet Festival Easter Sunday April 20**

One of the participants at the Festival will be Defence Force Recruiting displaying the benefits of joining the three forces - Army, Navy, Air Force.

**Dates to Remember**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues 18/3</td>
<td>BAM (anti-bullying program) at UHS Principal’s Tour -All Welcome 4pm</td>
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<tr>
<td>Wed 19/3</td>
<td>Canteen Meeting 3.45pm in Canteen</td>
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<tr>
<td>Fri 21/3</td>
<td>Harmony Day Food Fair</td>
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<tr>
<td>Mon 24/3</td>
<td>Parent/Teacher/Student Mtgs 10,11,12 4-6 pm</td>
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<tr>
<td>Tues 25/3</td>
<td>Excellence Assembly</td>
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<td>Thurs 27/3</td>
<td>Principal’s Awards Year 7&amp;8 Disco 6.30-9pm</td>
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<tr>
<td>Tues 1/4</td>
<td>Y12 Half Yearly Exams begin</td>
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<tr>
<td>Mon 7/4</td>
<td>Parent/Teacher/Student Mtgs Y7,8,9 4-6pm</td>
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<tr>
<td>Fri 11/4</td>
<td>Last day of school for Term 1 <a href="http://www.ulladulla-h.schools.nsw.edu.au">http://www.ulladulla-h.schools.nsw.edu.au</a></td>
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