Working towards your goals
What a fantastic year we have had. As we come to the end of the year of the #Hashtag. We say congratulations to all our students and staff for giving everything to achieving your goals. Over the year we are reminded that it takes our ongoing focus and perseverance to achieve your goals. Reflect on where you are now and where you would like to be this time next year. Think about your goals and think about how you might achieve them.

A few tips from the experts.
- Embrace the tough stuff
- Focus on what matters
- No excuses
- Fit study around your life
- Discover the study methods that work for you.

Plan the times to study, start the assignment earlier and break it down into manageable chunks.” And we asked Turia.

Turia’s top tips for shutting out distractions:
1. Have a dedicated workspace
2. Turn off email and Facebook – set your phone to ‘do not disturb’
3. Mark out a time period and stick to it. “I tell myself, ‘You’re going to do two hours and nothing else until that two hours is over!’” she says.

Lastly from Turia, the best advice I’ve ever received. Turia’s top motivation comes from her Dad, and she says it’s the exact advice she’d pass on to her kids one day. “My Dad was pretty tough on us growing up and he had two rules in the house. The first one was ‘No whinging’. And the second was ‘No bloody whinging’! It’s such a typical ‘dad’ saying but I honestly think that’s really helped me on my journey because there’s no point in complaining about something. I guess that’s why I don’t. I try to look at life from the most positive view.” Have a look at http://turiapitt.com/ for more.

Inspire Succeed Excel Aboriginal Education Achievement Awards
Congratulations to all our winners at the Aboriginal Excellence Awards last week. Our exquisite dancers and Matilda as the MC showed our region how outstanding our students are. Many people at the ceremony congratulated this outstanding group of students for their superb performance and high level achievements. #awesome effort!

A Top Sports Assembly
Thank you to all the crew and the winning teams. Congratulations to all the champions and those students that were awarded the MVP (most valuable players). Your sportsmanship, enthusiasm, energy and great attitude got you the award. Superb effort.

42 days of holidays.. The Number 42.. "The Answer to the Ultimate Question of Life, the Universe, and Everything"
We will #Replay2015@UHS42 with 42 days of posts on Instagram throughout the holidays that will be looking back over UHS achievements of 2015. There are 42 days of holidays in this 2015 Summer break (amazing!) and uniquely the number 42 is significant in number land. The number 42 is, in The Hitchhiker’s Guide to the Galaxy by Douglas Adams, “The Answer to the Ultimate Question of Life, the Universe, and Everything”, calculated by an enormous super computer named Deep Thought over a period of 7.5 million years. Unfortunately, no one knows what the question is. Look out for the Replays2015 on Insti.

Have a fantastic Break.,
Denise Lofts  Principal

Principal’s Last word…
Look after your friends, wear sunblock and be good to your parents. Most of all practice some Mindfulness and follow your passions!

App of the Week
APPsolute holiday fun (see the link)

Happy and safe holidays everyone!
“Alice in the Mud”

Last week saw the Year 10 Drama class undertake their final task; to work as a group, collaborate, script, costume and rehearse a production for children (Theatre in Education), and this they did with outstanding talent and tremendous support of each other. Performing to over 1100 students over the course of the show, they travelled to all of the local primary schools (Ulladulla, SAS, St Mary's, Milton). With Ulladulla Primary's hectic schedule a week 8 performance was undertaken as a dress rehearsal with the cast hitting their straps in Week 9.

Adapting the story of 'ALICE', the students found themselves taking their audiences on a journey about being confident in who you are, not needing to follow others to fit in, and that true friends are there for the long haul... Aahh!

Desperately proud of their commitment, allegiance to each other and determination to see the show be a success. We are indebted to 'Thorn', a Cheshire Cat-erpillar, the audiences and those who helped organise their arrival into the Primary Schools.

Ms. Jauncey

_UHS Sports Assembly_

Last Friday, we applauded our talented Sports Stars from Ulladulla High School. We recognised our Best and Fairest players in each sport class and our Most Valuable Players in each year group. Thanks to Rip Curl Ulladulla for the sponsorship of watches for our MVP's.

Our School Age Champions in Athletics, Swimming and Cross Country, as well as our South Coast, NSWCHS and National Sport Representatives impressed with their dedication to their chosen sports.

For the second year, we announced UHS Athlete of the Year in each of the sporting events that UHS enter. This award is chosen by the team coach, and is not necessarily the most talented player in the team, but a player that displays outstanding sportmanship. Congratulations to the Girls Tennis Team for being named the UHS Team of the Year, for the second year in a row.

We were entertained by our fantastic Year 9 Cheerleaders, then with a duet from Grace Richardson and Matt McCormick. Our guest speaker was Gary Warburton, a former UHS student who went on to play 100 NRL games with the Canterbury Bulldogs.

He spoke of the importance of being well prepared, not only for sport, but in life. He also told us that Year 11 Greenpatch Camp was his fondest memory from his schooldays, and how he still plays sport at every given opportunity to stay fit and healthy.

Thanks to Lily Morton, Kalarni Fox and Liam Ryan for their leadership of the Presentation. Daniel Webb and Lily Murdoch were named as our Sportsman and Sportswoman of the Year for 2015. Guruwin House was named the Champion House for 2015. Mrs Ingold and Mr Mastronardi thanked all the students for their efforts throughout the year. (Sadly, Mr Hallett accepted the wooden spoon on behalf of the Gawura team, for the second year in a row.)

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_ISER Awards_

On Monday 7 December the 2015 Inspire Succeed Excel Aboriginal Education Achievement Awards were presented at Batemans Bay. We are very proud to have had a number of our students presented with awards. Molly Smith-Hughes and Shennyn Cullen were the recipients of the Culture, Courage and Commitment Award and Darcy Maguire an award in Creative and Performing Arts. Tyson Davies, Jacob Williams and Gene Johns were all presented with the award for Leadership, Citizenship and Community Service. Ebony Tibbits received the Attendance Award and Marc Locke a Special Education Award. Matilda Langford was MC for the Ceremony and was fantastic while our Gunya girls provided an impressive performance. Congratulations to all of these students.

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Ms. Jauncey
Shield Team Event. Amazing effort Rubie! Recently and placed 2nd in the Mark Richards Australian National Schools Surfing Titles. Rubie Reents Year 11/12 competed in the Congratulations Rubie!

Mr. Hallett.

Leadership.

Coaching and students in Sports Year 8, 9 and 10 build skills for our and will continue to will be back in 2016 with Action Programs.

The Premier’s Sporting Challenge – Leading Through Change Berry Sport and Rec Camp was home for ten of our Year 10 students last week. Ava Del Tuffo, Dylan Carriage, Kate Brennan, Daniel Webb, Chloe Dadd, Ryley Hendrie, Christie Lahiff, Leroy Bellet, Brittany Anderson and Jakcob Montgomery were all identified by the PDHPE faculty as being future leaders of our school and they had the opportunity to develop their skills and challenge themselves for 3 days in an Outdoor Recreational setting.

Along with other boys and girls from Moruya, Batemans Bay and Figtree, our students participated in Cable Gliding, Rock Climbing/Abseiling, Kayaking, Initiative Games, Canoeing, Mud Running, Tubing and Therapeutical sessions.

All students were awesome representatives of our school and threw themselves into all activities with positivity and enthusiasm. The Leading through Change and Leading with Action Programs will be back in 2016 and will continue to build skills for our Year 8, 9 and 10 students in Sports Coaching and Leadership.

Mr. Hallett.

Congratulations Rubie!

Rubie Reents Year 11/12 competed in the Australian National Schools Surfing Titles recently and placed 2nd in the Mark Richards Shield Team Event. Amazing effort Rubie!

BYOD - Bring Your Own Device

What is BYOD? Bring your own device (BYOD) refers to technology models where students bring a personally owned device to school for the purpose of learning. A personally owned device is any technology device brought into the school and owned by a student (or the student’s family), staff or guests. An example of a device includes a laptop, chromebook or a tablet etc.

What does this mean for 2016? In 2016, UHS is continuing to embrace the BYOD initiative in order to encourage our 21st Century students to build their capacity to become active, collaborative, and self-motivated global learners. In 2016 staff will be implementing more technology in their classrooms, all students are required to have a device for every lesson.

What device do I need to bring? If your child already has a device, we encourage them to bring it to school. However if you are looking at purchasing a new device, we strongly encourage you to consider purchasing a laptop as it has more functionality than a tablet, especially for students in Year 9 onwards.

Which device should I purchase? UHS is not recommending any particular device to be purchased. For more information on devices that have been tried and tested at our school, view the information on the school website: http://www.ulladulla.h.schools.nsw.edu.au/our-school/our-technology/bring-your-own-device-byod.

Can I borrow a device from the school? At UHS, we understand that purchasing a device may place financial pressures on some families. The school is here to assist and support you. If your child needs to borrow a device for a short or long period of time, please complete the BYOD section on the financial assistance form, which can be collected from the Front Office, or can be downloaded from the school website: http://www.ulladulla.h.schools.nsw.edu.au/caring-for-students/financial-assistance.

What else do I need to consider? Students are responsible for their own property and the respect of others’ property. It is highly recommended that all devices are stored in a strong case which will provide protection in your child’s school bag.

The Premier’s Anzac Memorial Scholarship

The Premier’s Anzac Memorial Scholarship is a program which will fund a study tour for up to 20 students and supervising teachers to travel to the Western Front, in France and Belgium, during July 2016. Successful applicants for this scholarship will visit the battlefields where the Anzacs fought, discover their experiences and commemorate their memory. The scholarship required all candidates to provide a 850 word application. A very big congratulations to the following students who took the time and put in a great deal of effort to submit their application: Maxine Booker (Yr 9); Sarsha Foran (Yr 9); Hayley Boyle; Lachlan Page (Yr 9) and Darcy Forrester-Sach (Yr 10). Only ONE candidate from UHS can be recommended through to the next stage of the process, the successful applicant will be announced at the Year 9 assembly on Monday.

Students of the Week

Ruby O’Brien, Year 8, is the ultimate quiet and high achiever. She is always on task, generous with sharing responses and always considerate of her peers. She has been a dedicated all-rounder this year.

William Walton, Year 7, is hard working and dedicated. Receiving Class Awards in many areas, he has had a successful 2015 at UHS.

Congratulations Ruby and William.

Merry Christmas from Promotion Roll Call.
**Community News**

**Dates to Remember**

- **Mon 14/12**: Presentation Night 7pm MPC
  Year 10 Report Assembly

- **Tues 15/12**: Uniform Shop closes at 10am for holidays
  Year 7, 8, 9 Report Assemblies

- **Tues 15/12**: Year 10 Wet ‘N’ Wild Excursion

- **Wed 16/12**: Last day for students

- **Thurs/Fri 17-18/12**: School Development Days (pupil free)

- **Mon 18/1/2016**: Uniform Shop reopens (8am - 4pm)

- **Wed 27/1/2016**: School Development Day (Pupil Free)

- **Thurs 28/1/2016**: Years 7, 11 & 12 return to school

- **Fri 29/1/2016**: Years 8, 9 & 10 return to school

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Em PT Christmas Special!

NEW MEMBERS packages & Gift vouchers available!

**GROUP Personal Training**

- $90 - 5 sessions - 2 weeks valid
- $160 - 10 sessions - 4 weeks valid

- Group Training - Personal Training
- Nutrition - Sunrise sessions & Bootcamps

Check our schedule or contact us for more info!

[www.emptulladulla.com/schedule](http://www.emptulladulla.com/schedule)

*CONTACT EMILY 0419 218 628 – emptulladulla@gmail.com*

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**Basketball School Holiday Camp**

**FRIDAY 15TH JANUARY 2016** 10AM – 2PM

Fun day of Basketball for all. Accredited coaches with years of experience. Learn the basics or improve your skills. Ages 7-16

Cost: $30 per child or $60 for 3 or more siblings. Milton Basketball Stadium, @ the Showground. Pre-register or check us out on Facebook! Milton Ulladulla Basketball Association.

**Ph - 0407 083915 or 0458 914455**

Please bring appropriate shoes, drink bottle and a light lunch. Fresh fruit will be provided.

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**Tennis School Holiday Camps**

Kevin Murphy – Tennis Australia qualified

- Clinic 1 Thursday 17th, Friday 18th, Saturday 19th Dec
- Clinic 2 Monday 21st, Tuesday 22nd, Wednesday 23rd, Thursday 24th Dec
- Clinic 3 Monday 28th, Tuesday 29th, Wednesday 30th, Thursday 31st Dec
- Clinic 4 Monday 11th, Tuesday 12th, Wednesday 13th, Thursday 14th Jan
- Clinic 5 Monday 18th, Tuesday 19th, Wednesday 20th, Thursday 21st Jan

**COST - $30 per day or $110 for the 4 days**

9.00am to 1.00pm Ulladulla Tennis Courts – Warden Street

- Fruit supplied - Just bring morning tea - Suitable for all skill levels - Full court coaching - Team games and challenges - Prizes to be won

FREE – ½ HOUR SWIM AT LEISURE CENTRE IF WEATHER PERMITS

For all bookings and enquiries phone

Kevin Murphy on 0417 359 721

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**Support Group for Parents of Transgender and Gender Diverse**

Many parents and carers can feel isolated and alone on their journey of understanding and supporting their child’s gender identity. If you would like to meet other parents and carers, share experiences together, hear from guest speakers, and learn more about a range of health, legal and social topics relevant to transgender and gender diverse young people and their families, contact us to find out more.

First Tuesday of the month. 5.30pm (for 6pm start) until 8pm. For more information phone 4220 7660 or go to [headspace@gph.org.au](http://headspace@gph.org.au).