Excellence and getting the best from yourself every time

At Ulladulla High school we are very serious about building the capacity of our students to be resilient, hardworking and good young people who will be successful beyond school. The ‘them’ I often speak about is ensuring you strive for excellence and that the goal is to get the best from yourself every time. Many of our students are supreme examples of this.

Congratulations to Matt Gilkes (see photo over page) for his outstanding achievement in Cricket. He will be representing NSW CHS Cricket this year which is outstanding for a Year 10 student. On speaking with Matt, he talked about how he practices daily and with dedication. Congratulations Matt.

“Meet the Author” we are real about Real World Connections

As part of the Year 8 English projects, last week we hosted a number of authors to talk about their journey, inspiration, process, editing and final publishing. We had our own new teacher Mr. Rafidi talk candidly about his published book which opened up the world of writing to our Year 8 students. His book is called “Standing on the Shoulder of Giants”. Each Student will be completing a Pecha Kucha about a chosen author and book.

To those of you who do not know what Pecha Kucha is, it is a presentation format that originated in Japan in the year 2003. In Japanese, Pecha Kucha translates to chit-chat or chatter. Each Pecha Kucha speaker presents with a deck of 20 slides (or images) each. Each of these slides progresses automatically to the next one, after being visible onscreen for 20 seconds. This is the reason why Pecha Kucha is often called 20x20.

Have a fabulous week.

Yours sincerely, Denise Lofts, Principal

Principal’s last word

Giving our students voice and choice will ignite their passions and enhance their learning.

App of the Week

Sound Search for Google. An App just like Shazam or Soundhound, this Android-only app allows users to find out what song is playing simply by letting their phones record a brief portion of it.
Congratulations Matt Gilkes!

We received exciting news that Matt Gilkes has gained selection in the NSWCHS Cricket 2nds Team. This is an outstanding achievement from a Year 10 student, and reflects his outstanding ability as a talented batsman and wicket keeper. Matt was a member of the South Coast Cricket Team, who had a challenging championships, yet Matt shone as the opening batsmen/wicket keeper. UHS congratulates you, Matt!

NSW School Vaccination Program

Each year NSW Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program. In 2015 the following vaccines will be offered:

Sweet 7 students
- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months for male and female students (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school into Year 8)

Year 8 students
- Catch up vaccinations will be offered to Yr 8 students who commenced but did not complete the course of HPB at school during 2014.

Year 11/12 students
- MMR (Measles, Mumps & Rubella) single dose ‘catch up’ if primary course not given in infancy (Visit 2).
Please ensure that students eat breakfast on the day of the vaccination.

Ulladulla High School Vaccination dates are:
- Visit 1: Thursday 5 March 2015
- Visit 2: Thursday 7 May 2015
- Visit 3: Thursday 10 September 2015

Ms Kim Waters
Relieving Head Teacher Student Wellbeing

Engineers of Tomorrow

On Tuesday 24th February, Engineering students and aspiring Engineers attended the University of Wollongong’s travelling STEM Roadshow at Ulladulla High School. STEM is an acronym for Science, Technology, Engineering and Mathematics. The main aims of the roadshow were to provide students with an opportunity to explore different aspects of Engineering Technology, in a fun hands-on interactive workshop. Also to provide students with information on how to pursue higher education and the many alternative pathways into University. Activities on the day included testing beams, driver training on an open-wheeler racer simulator, water flow experiments, milkshake making using pedal power, 3-D printing, DNA extraction and an introduction to flight using a bottle rocket launcher.
A lot of fun was had by all the students who attended. Most students seemed to like the workshop on alternate energy or maybe it was the milkshakes of all flavours that kept students riding the bikes.

Mr Macdonell
STEM Coordinator

Surfers Rescue

Last Wednesday, 24th February, Year 9 Applied Sport Studies class attended a Surfers Rescue Certificate course at South Mollymook. We are now ready to hit the water with skills that could save a life! A fantastic day for some fantastic students.

Special thank you to Pam Burridge, Ros Johnston and Stuart Massey from Surf Life Saving. The day would not have gone ahead without you!

Miss Goozee
PDHPE Teacher
**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)

School ties now available $20 each
All items in stock - except the dresses and they should arrive soon.

We look forward to bringing you, next term, the new zippered and hooded green fleecy jacket $40.

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)

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**Uniform Swap Shop**

Open **Tuesday and Friday**
8.30am-9am

located behind Canteen

Please send in your clean preloved uniform

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**Who we are - Where we live…**

Photo by Justin Townsend Year12

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**From Canteen**

**Red Food Day WEDNESDAY**

Nachos, Hot Dogs & Chiko Rolls $2
Brownies and Donuts $1
+ small range of confectionery

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

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**Road Safety around the school**

School zones are 8-9.30am and 2.30-4pm. You cannot drop off or pick up students at the front of the school in South Street between these times. There are ‘No Parking’ zones in Camden and St Vincent Streets for safe drop off and collection of students. Please be wise and stay safe.

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**P&C AGM Monday 9th March**

7pm in Library

**Come along to learn more!**

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**Avoiding injuries**


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**Ambulance Cover**

In the event of an ambulance being called by staff for a student at school or at a school event, parents/carers will receive an invoice from NSW Ambulance - If you have private health insurance, a health care card, pensioner concession card or Commonwealth Health Seniors Card these details should be recorded on the back of the invoice, endorsed by the health fund and returned to the Ambulance Service of NSW. If you have no other form of ambulance insurance please bring the invoice into the school office to be certified and forwarded to the Ambulance Service of NSW.

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**Students of the Week**

**Lily Morton**, Year 11, is a model student and a positive influence on all those around her. Lily is enthusiastic in all of her pursuits. UHS is certainly proud to have her here!

**Jed Collis**, Year 8, works well in all team activities. Jed is a considerate and confident student who is interested in all class discussions.

Congratulations to Lily and Jed. Keep up the good work!

We look forward to bringing you next week’s students of the week!

**Promotion Roll Call**
**Community News**

**Promotion Roll Call** are asking for your stories to be emailed to the Writer’s Block for publishing. Email sarah.pennisi@education.nsw.gov.au and make sure you label your email with: ‘The Writer’s Block’.

**You're invited to sign off summer with a RUN and join in the fun of the 4th annual Splash and Dash Festival and support The Leukaemia Foundation.** There are Seven (7) Events including Fun Runs, Swims and Aquathon Events over the two days. Check out: www.splashdash.com.au

- **The FUN RUNS** include a 10km for runners of all abilities to test themselves, a Fun 5km for all ages and kids U14, and a cool 2.5km Kids Run. Safe, fun, entertainment, and perfect for whole family. Each child that enters the ‘Kids Run’ receive a free FINISHER'S AWARD! Take to the scenic Foreshore of Wollongong City Beach, Lighthouse and Flagstaff Reserve. And you can “Get Your Blood Pumping for Blood Cancer” and support The Leukaemia Foundation. Sign up to participate and fund raise. Ph 0413 862676 / 0441 767373 Aquathon.com.au

**Youth Photography Competition**

Run by Stockland as part of Youth Week, entries open now. There are opportunities for the school to receive a $50 Gift Card for each student who is a finalist. You can see all the information online at http://shoppingcentres.stockland.com.au/shopping-centres/stockland-nowra/offers-and-events/events/community/youth-photography-comp

**Dates to Remember**

- Thurs 5/3 Vaccinations
- Mon 9/3 P&C AGM 7pm
- Mon 16/3 Parent/Teacher Meetings Y10,11,12 4-6.30pm
- Tues 17/3 Principal’s Tour 4pm - To Book Ph44551799 Excellence Assembly
- Mon 23/3 Y12 Half Yearly Exams begin
- Mon 30/4 Parent/Teacher Meetings Y7,8,9 4-6.30pm
- Thurs 2/5 Last day of Term 1

**Term 2 Dates**

- Mon 20/4 School Development Day (pupil free) Uniform Shop OPEN 8am-10am
- Tues 21/4 Students return http://www.ulladulla-h.schools.nsw.edu.au

**Spotted Frog Cafe in H block**

Open Fridays 9AM TO 12.30PM
- Hot chocolate $3.00 Chia latte $3.50
- Iced Chocolate, Iced Coffee & Iced Chai $4.00
- Milkshake $3.00
- All skim and soy drinks extra 50cents
- Cake with cream $4.00

**Girls! Boys up to 12!**

Want to have fun, get fit and make new friends? Come to our ‘Come ‘n’ Try’ Day! *Where?* Netball Complex, Ulladulla Sports Park

- **When?** Saturday March 7th: Come ‘n’ Try Day 9am–12pm
  - Saturday March 7th: Registration Day 9am – 12noon
  - Saturday March 14th: Registration Day 9am – 12noon
  - Saturday May 2nd: Winter Competition Commences
  - Thursday May 7th: Night Competition Commences

- **How much?**
  - NetSetGO! (5-10): $100 (Uniform included)
  - Junior / Intermediate (11-17): $135 (Uniform included)
  - Senior (18+): $145

Visit our website! www.ulladulladistrictsna.nsw.netball.com.au

**Ulladulla and Districts Netball Association**

**Macquarie University** are offering ‘The CoolKids and Adolescent Health Program’: helping distressed children and adolescents suffering from somatic health complaints (including recurring headaches, stomach-aches etc). For students 7-17years who are experiencing recurring somatic health complaints for a minimum of 3 months. Contact Centre for Emotional Health at Macquarie Uni Ph 9850 4082 or email maria.kangas@mq.edu.au

**BIG THANK YOU!**

A big thank you to Rob & Nicola from The Aquarium & Pet Warehouse in Nowra for coming into Mrs Burton’s classroom and setting up our fish tank. Our three fish, students and staff are all enjoying the tranquil environment.

**let’s play netball**

Girls! Boys up to 12!

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Visit our website! www.ulladulladistrictsna.nsw.netball.com.au

**Ulladulla and Districts Netball Association**

**Book in for the Principal’s Tour**

**Tuesday 17th March 4pm**

We invite our wonderful community to take this opportunity to hear about the many great programs we have and to view our world class facilities by joining the tour scheduled for Tuesday 18th March starting at 4pm.