School is a place of choices

“Our very lives are fashioned by choice. First we make choices. Then our choices make us.”

Anne Frank

You can choose to make new friends, dig into learning, help the teachers, be in class on time, dress like a successful student, complete your work and make your parent’s job just that little bit easier by being a great student and learner (that’s what they want: YOU to be successful).

Circumstances and the way you deal with a situation is your choice. However, be prepared for things to be tougher by making the wrong choices. Consequences happen!

At Ulladulla High School if you choose to be involved in “unkind” actions toward students or teachers or our beautiful environment expect a consequence. Our expectation is that you will make the right choices about all things.

3 choices that are good, easy and will make you a winner.

Choice #1: Choose to Be Happy
First, happiness is a choice. Choose to be the first one to smile at everybody you meet.

Choice #2: Choose to Disconnect
We are making a dumb use of our smartphones. Instead of freeing us up to go anywhere anytime, they’ve tethered us to a hamster wheel. Be a human being, not a human doing.

Choice #3: Choose to Be Mindful
Mindfulness is being called society’s next wonder drug. Find a sense of peace that centres you upon what is important.

It’s official, we are on Instagram

What happens everyday at our school is sensational. We are a vibrant, lively place that has students getting on with the business of learning, collaborating, creating, sharing, investigating and this all happens day after day. We want to continue to share those precious snippets of creativity with our community. Look out for our images as we share them across our virtual platforms. Follow us to see what is going on.

#UlladullaHighisawesome

Education and Learning happens beyond the school day

Learning is not refined between the hours of 9 and 3pm. With that said we have the opportunity for you to have your say about our school day. Our local bus company has identified a way to deliver our students home with greater time efficiency, less crowding and the opportunity to reduce the overwhelming traffic when UPS and UHS finish in the afternoon. The added bonus is the opportunity for tutoring, after school groups, bands, meetings and so on.

The proposed change for the school day is outlined in a survey which is on our website, is posted on Facebook and will be emailed to all students. Parents are encouraged to complete the survey. A link will be posted on Facebook and our webpage.

Have a fantastic week!

Denise Lofts

Principal’s Last word

“Always practice” - what you learn after you ‘know it all’ is what counts.

APP of the Week

Glogster

Glogster lets you create multi-media posters and access a rich library of resources for learning.

Welcome Back to a Term of Deep Learning
Sensational State Swim Team

The competition level in Sydney is very high and consists of heats and finals. This year two of our relay teams made the finals. What an amazing accomplishment for a small regional town competing against the big guns in Sydney!

**13 YEAR BOYS RELAY TEAM**

Photo L-R William Walton
Jayden Farmilo, Patrick Armstrong and Jack Skinner
Placed 8th in the heats out of 23 schools and 9th in the finals.

**13 YEAR GIRLS RELAY TEAM**

Photo L-R Karla McPherson, Danielle Holt, Piper Hoyer, Mackenzie Creech
Placed 6th in the heats out of 27 schools and 6th in the finals.

Lawn Bowls Champ in our midst
Congratulations to Dylan Essex Year 12 who once again is South Coast Runner Up in the singles and doubles lawn bowls. Following this great performance he has been chosen to represent South Coast at the State titles coming up later this term. Good luck Dylan.

“Students a credit to themselves”
Congratulations to Eden and Mason Colley, Maya Holstegge, Rachel Tidbury, Misty Sommerville, Emily Churchill, Elley Lees and Maddy Nash who have given months of their time and talent rehearsing the latest Entertainer’s show “Forces of Nature” to help raise much needed funds for local charities/organizations. These students are a credit to the school, themselves and especially to The Entertainers.

Tahlia Kecan has won last month’s Applied Sport Studies photo competition. The theme was sunrise/sunsets. Tahlia must have been up very early to capture this image of the harbour. Beautiful.
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)
Keep warm in the colder weather by purchasing the warm fleecy jackets (New Junior green zippered hoodies are expected in WEEK 4) The black senior zippered hoodies are the same design as juniors $40 Black long pants with UHS logo cost $39 and are for Years 7-12 Grey unisex long pants for Years 7-12 cost $37 - all sizes in stock
Retain receipts for exchange or refunds
Uniform price list can be found on our website http://www.ulladulla-h.schools.nsw.edu.au

Uniform Swap Shop
New Hours
Now Open Wednesdays 8.15am -9am
and Fridays 8.30am-9am
located behind Canteen
Please send in your clean preloved uniforms
Urgently need Senior Polo shirts

Who we are - Where we live...
Photo by Griffin Ryan

From Canteen
Lots of yummy food at good prices!
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

The Spotted Frog
Open Fridays
9am - 12.30pm
Coffee – Mocha - Hot Chocolate - Chai Latte - Milkshakes - Iced Coffee - Iced Chocolate (prices range between $3.00 & $4.00)
Cakes $4 Chocolate - Pecan Pie - Lemon/Lime Tart
Please call Ext 132 to order

Prompt Payment Appreciated
Invoices have recently been mailed out. We would like to thank all the parents/carers who have settled their invoices. The prompt payment helps the school immensely as faculties have already purchased needed items for the offered electives and we can better manage costs effectively. Just a reminder that we have credit card facilities - telephone the school on Ph: 4455 1799 to make payments with a credit card ($1 admin fee).
NB: If your student/s would like to participate in Free Choice Sport in Term 2 and you have not already paid for sport, $10 needs to be paid by the end of Week 6.

The Entertainment Book
Available from UHS P&C. $55 per book or digital version (receive your vouchers on your phone or device). Earlybird offers of $150 worth of extra vouchers are on offer if ordered before 30th April. Better hurry! Local businesses in the new edition are Tallwood Restaurant, Coffee Guild, Annabel’s, Brown Sugar, Café Gunyah, Flour Water Salt Organic Sourdough Café, Mr G's Deli, Yes I Am Thai, Funland, plus lots in the Shoalhaven area and the many food chains eg McDonalds and Woolworths as well. Lynne Hill is the contact 0413 585 471 or you can go to UHS facebook page and order via this link https://www.entertainmentbook.com.au/orderbooks/2y81617

Students of the Week
Rachael Di Pietro Year 8 is a quiet achiever who is always trying her hardest and doing her best. Rachael is a valuable member of Ulladulla High School’s community.

Jonathan Schaap Year 9 is a valuable member of UHS's global learning community. Jonathan actively works towards contributing positively to the high school through his Promotional Roll Call work.
Congratulations to Rachael and Jonathan.
Keep up the good work!
We look forward to bringing you next week’s world class learners!

Promotion Roll Call
Milton Ulladulla Dolphins Basketball Association
Trivia/Disco Fundraiser Night 8th May  6.30-9.30pm
At Mollymook Beach Bowling Club, Forest Way, Mollymook
Entry $5 per person or $15 for a family. For all Ages. Come and have fun. Trivia, Door Prizes and Disco to wrap up the night!  Dinner and drinks available.

Yoga Classes for Beginners
with South Pacific Yoga - All welcome
Improve your Flexibility/Strength/self awareness.
Learn to relax, unwind and re energise
Hatha/ Vinyasa Flow Styles  Cost: : $5.00 per class
Commencing Week 2 Term 2
Where : Ulladulla High School Movement Studio
When: Tuesday - Wednesday Before School 7am-8am
Tuesday - Wednesday After School 3.45pm-4.45pm

The Entertainers present… ‘Forces of Nature’
An all singing, dancing, ‘LIVE’ band Cabaret show which opens Thursday 7th May at Ulladulla Ex-Servos Club
Show dates are 7,8,9,10,14,15,16 May. Tickets on sale at Ex-Servos Club. Further info call the Ex-Servos Ph4455 1444.
Student Concession tickets (no meal) are $15 and are available for any show with the exception of the Matinee and the final Saturday.
Opening Night (7th May) student special deal, one night only, pay $10 at the door!  Hope to see you all there.  Show starts at 8pm.

Are you and your family protected if you couldn't work?
• How would you cope without income?
• Could you still afford the mortgage repayments?
Get the cover you need. Give our Risk Specialist, Carolyn Tomlinson, a call to come up with a cost and tax effective plan that’s suitable for you.
Ph 4455 7800
Email carolyn.tomlinson@tmfs.com.au
Tailor-Made Financial Planning Pty Ltd (ABN 33 088 879 270) trading as Tailor-Made Financial Services is an authorised representative and credit representative of Hillross Financial Services Limited, Australian Financial services and Australian Credit Licensee

Junior Football - Play AFL for Ulladulla Dockers
Come-Try-Play  @ Ulladulla Sports Park
Under 14.5’s training Tuesday & Thursdays 4.30-5.30
U17’s 6-7pm Tuesdays & Thursdays
Contact Tim 0418 607 539

School Musical - Sponsorship Opportunities!
In June 2015 Ulladulla High School will once again be presenting a school musical

Little Shop of Horrors
There are a range of sponsorship opportunities for local businesses and community organisations.
$200 Gold Sponsorship  $100 Silver Sponsorship
$50 Bronze Sponsorship
To take advantage of this unique opportunity, please contact Michael Ramsden at the school on 44551799 or email michael.ramsden1@det.nsw.edu.au.

Stopping bullying starts with you
If someone tries to bully you
• Ignore them, turn and leave
• If you can, look them in the eye, tell them to ‘stop’ and then walk away
• Pretend you don’t care
• Go to places where you feel safe.
If you have been bullied
• Talk to an adult (parent, teacher) you trust who can help stop the bullying
• Seek support from your friends
• Keep on asking for support until the bullying stops.
If you see someone being bullied
• If safe, do something to stop it
• Report it to a teacher
• Support the person being bullied
For more information or support
Kids Help Line  www.kidshelp.com.au
1800 55 1800
Cyber bullying  www.cybersmart.gov.au
1800 880 176

School Musical Dates
Tues 5/5 Motivational Media
Thurs 7/5 Vaccinations Round 2
Fri 8/5 Zone Cross Country
Mon 11/5 P&C Meeting 7pm
Tues 19/5 Athletics Carnival
Wed 20/5 Athletics Carnival
Fri 12/6 Little Shop of Horrors Opening Night
http://www.ulladulla-h.schools.nsw.edu.au

院校新闻

如果您的孩子告诉你，他们被欺负了，你可以采取以下措施：

1. 告诉孩子冷静下来，把问题讲清楚。
2. 确保孩子知道他们不是唯一的受害者。
3. 向孩子询问他们想要怎样处理这个问题。
4. 访问www.bullyingnoway.gov.au，了解更多的应对策略。
5. 联系学校。
6. 与孩子的学校保持联系。

防欺凌措施

如果某人试图欺负你
- 忽视他们，转身离开。
- 如果可以的话，看着他们的眼睛，告诉他们‘停止’，然后离开。
- 假装不在乎。
- 去一个你觉得安全的地方。

如果您自己被欺负
- 跟一个您信任的成年人（父母、老师）谈谈，他们可以帮忙阻止欺凌。
- 寻求朋友的帮助。
- 持续寻求支持，直到欺凌停止。

如果您看到有人被欺凌
- 如果安全，做点什么来阻止。
- 向一个老师报告。
- 支持被欺负的人。

更多信息支持

儿童帮助热线  www.kidshelp.com.au
1800 55 1800
网络欺凌  www.cybersmart.gov.au
1800 880 176

学校音乐节 - 赞助机会！

在2015年6月，乌拉杜拉高中将再次推出学校音乐节

《小商店的恐怖》

有多种赞助机会可供本地企业和社区组织选择。

$200金奖赞助，$100银奖赞助，$50铜奖赞助。

要利用这次独特的机会，请联系迈克尔·拉姆斯登，电话44551799，或电邮michael.ramsden1@det.nsw.edu.au。