

# The SUMMIT TIMES

A World Class School

**Ulladulla High School**

**Principal: Denise Lofts**

**Deputy Principals:**

**Mrs Anita Barry** Year 7 and 10

**Mr George Betsis** Year 8 and 11

**Mr Gerard O'Keeffe** Year 9 and 12

**Term 3 Week 1A 21-24 July 2020**

**Phone: 4455 1799**

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[www.facebook.com/UlladullaHS](https://www.facebook.com/UlladullaHS)

## Welcome back to Term 3

Thank you all for your compassion, care and kindness over the last term, and the recent break, it certainly tested everyone's resilience and spirit. I am very grateful for all the kindness that comes from our community in support of our students and staff.



Alex Brown

Amanda Jeffers

Baylee Holland

Brodie Taylor

Courtney Lee

Emily Lynch

Hayley Rogerson

Isabella Vinson

## Student Leaders



Joel Cable

Lara Garin

Madalyn Woods

Maddison D'Ombrian

Maisie Staples

Neve Lawson

Ruby Frank

## Student Voice

## In Loving Memory

**Zoie Lee Maureen Bell**

**24<sup>th</sup> March 2006 – 1<sup>st</sup> July 2020**

Our thoughts are with Zoie's family and friends at this time. Zoie will never be forgotten as a student of Ulladulla High School. As we grieve the tragic loss, we remember the beautiful young person that she was, her kind heart, her cheeky nature and her quiet strength that will be missed by all. Zoie was a loyal and faithful friend, a caring and loving daughter, sister and granddaughter who will always be a part of our lives. Over 100 students and staff attended the live stream memorial service at the school hall on Monday 13<sup>th</sup> July to pay their respects. Zoie's passing has reminded us of the fragility of life and how important it is to live life with compassion, kindness and care to all, no matter who they are. Missing you always...

'In our hearts we hold a place, that only you can fill...'



## Captains, Prefects and SRC Candidates 2021

Leadership takes courage and compassion; throw in some wisdom and experience, was what the panel discovered as we interviewed all the candidates for the 2020-21 Captains, Prefects and SRC. The interviews, the student and teacher votes, along with each of the candidates submission, are all taken into account when deciding who will be the incoming student leaders. Congratulations to the Year 11 students who put themselves forward through the arduous process. It takes great courage to move from being a follower, to putting yourself forward as a potential leader. The interviews revealed the incredible insight, maturity and passion that is evident in our students and in the candidates. The question that always reveals a lot about each student's capacity and potential for growth is this one. "Think of a time you had to overcome a real challenge? How did you respond and manage the particular situation and most importantly what did you learn about yourself?" The answers were incredibly wise and insightful. The students photographed above should be commended for their enthusiasm to make a difference. The Captains, Prefects and SRC will be announced in Week 2.

Have a compassionate and caring week. Denise Lofts, Principal

**Principal's last word...** *Make it your mission this week to think that every person you talk to is doing their very best with what they have at this given moment.*

## App of the Week **Flexischools**

A fast, secure, and the preferred way to order and pay for your food at our canteen. Order before 9am and specify which session <https://www.flexischools.com.au/>





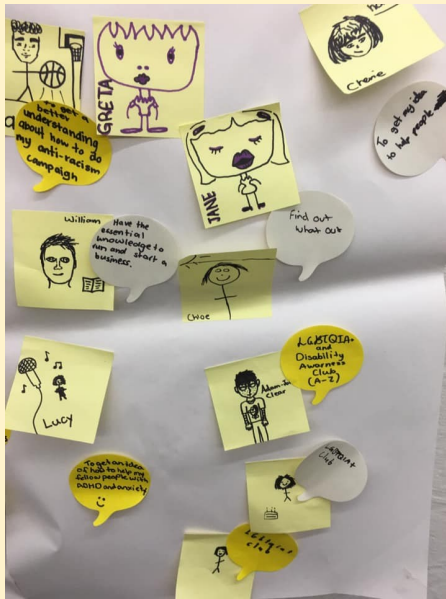
## Entrepreneurship !

Design Thinker - Denise Belling, and Entrepreneurship Leader - Lissa Barnum from the organisation *Peopleness* worked with 16 students to develop their community and business ideas.

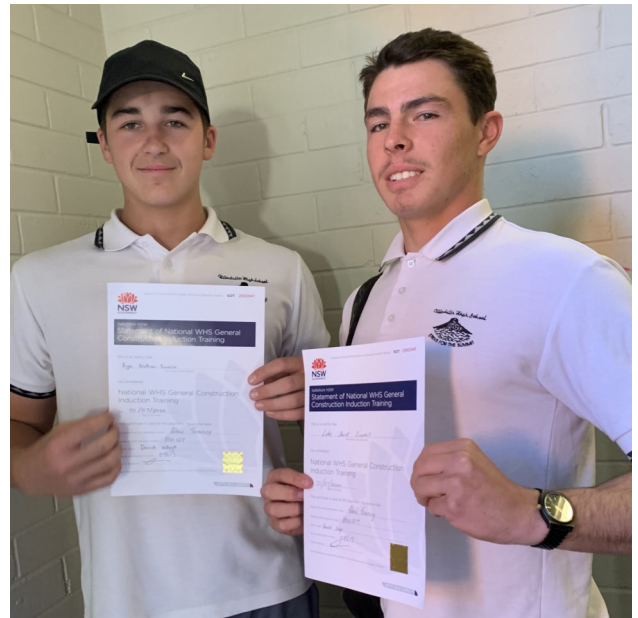
The students who participated have all, at some time, spoken to a teacher about business or community building ideas that they have had. It was exciting to have two great innovative and creative thinkers at Ulladulla High School to work with students. Throughout the day students explored how they could develop their ideas further. There was a wide range of ideas from disability awareness, LGBTQI entrepreneurship, stock market, meat production, effective treatment of mental illness and analogue to digital!

Lissa and Denise were fascinated with the range of ideas that students had!

We thank Denise and Lissa for volunteering to mentor our students further. Watch this space.



## Careers News



How good do these boys look in full school uniform, with their white cards: Kye Farmilo Y10 (left) and Luke O'Connell Y12

Congratulations to the 19 students who successfully completed the White Card course at the end of Term 2.

[#Encouraged](#) and expected [#safetyfirst](#) [#PPE](#)



## HSC Supervisors required for Ulladulla High School Tuesday 20 October - Wednesday 11 November 2020

You can supervise the Higher School Certificate if you haven't a son/daughter (or other close relatives eg grandchild, niece, step relation, living in same house) doing the HSC this year at UHS. You must be 18+ years and not had employment at UHS in any capacity during 2020. Supervisors are needed to report at times from 8am and, some days, required until about 6pm. There could be separate supervision for students with disabilities. All supervisors will be required on Tuesday 20 and Wednesday 21 October for the morning English exams and possibly Monday am 26 October for Maths. Supervisors will be required to hold a Working with Children Check for paid work, a Prohibited Employment Declaration Form and 100 point ID, if not already lodged with NESA, formerly Board of Studies. There will be a meeting to attend for selection/training at UHS on Friday 14 August, 10am in Admin area (subject to distancing rules if still relevant). Payment is about \$23 per hour. If selected, bank, super and tax no. will be used. To apply to supervise, please complete the application form <https://tinyurl.com/yarv2fdu> and scan/ email it to [jancgr@bigpond.net.au](mailto:jancgr@bigpond.net.au) or place application in an envelope addressed Att: Mrs Jan Gregory and leave at school office by Friday 7 August 2020.

## Nipping attendance in the bud

Regular attendance at school is essential if your child is to achieve their educational best and increase their career and life options. School staff remain committed to working in partnership with you to address the issues which may prevent students from full participation at school.

When unsatisfactory attendance occurs the Department of Education requires our school to make an Application for Home School Liaison Support to the local Educational Services Team for their consideration of further action. The Home School Liaison Program Manager may allocate an attendance officer to work with you and the school to develop an Attendance Improvement Plan. In Term 3 our Home School Liaison Program staff will be in the school to work with some students to support them in improving their attendance. This program is known as NIPS. If you would **not** like your child to be part of this program please let us know, you can call or email us.

I would like to remind you that the *Education Act (1990)* requires parents ensure that children of compulsory school age attend school each day it is open for instruction.

Ms Waters

## And the winner is...

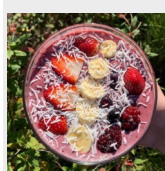
Congratulations to Jaslyn Mackenzie, Year 9, who won the Year 7-9 category of 2020 Mentalicious Short Film Competition with her moving short film

'Reflections' <https://tinyurl.com/ycphn9gq>

The organisers thanked all students who submitted their films!



## Year 8 Promote Healthy Eating in Food & Agriculture



At the end of last term Year 8 made smoothie bowls in Food and Ag. They were asked to decorate them in a way which promoted healthy eating - and they all looked super delicious. Well done Year 8!







# Koori Korner

## Gunya Transition Breakfast (Year 10 into 11)

**When:** Next Wednesday 29th July

**Where:** TLS

**Time:** 8.45am-9.15am

Year 10 Gunya Roll call students are invited to a breakfast and subject information session with guest speakers and teacher mentors available to support you through the subject selection process.

**Who we are** Photo **What we value...**  
**What we believe...** **What we think...**

Photo taken on the school's front steps - can you spot the honeyeater in the garden?



## Touch Footy in the Term 2 breaks - great success



During the last few weeks of Term 2 a Touch Footy Tournament was held in the 3rd break of each school day. We had a flying start of six teams, which ended up being two huge teams on the final day.

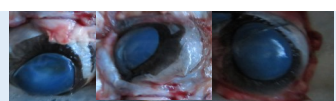
The students had some great plays and good times together. Supported with the always fit looking Mr Youens and, under guidance of some volunteer referees, the tournament was a success and definitely worth repeating. A big thanks to Ms Waters for the BBQ on the final day, the food was much appreciated by students and involved staff. Please stay tuned for more Touch Footy news. Ice Schaap

## Practicing Mindfulness in class



Year 9 students are learning about positive psychology and the different ways they can practice being mindful. In the picture they are mindfully colouring in.

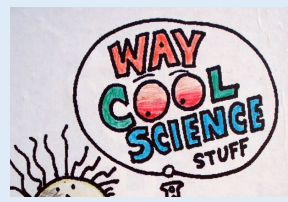
## Sc-eye-nce Prac The eyes have it!



During the last week of term, Ms Norwood's Science class learnt how the lenses in our eyes work and how waves of light pass through. The highlight involved the dissection of an eyeball.

Photo left: Estella and Isaac with an eyeball each, before dissection.

Photo right: Aidan, Cooper and Isaac enjoyed the practical lesson



## Fishing Fun!

Year 9 Marine Studies had a fabulous time fishing at our beautiful Ulladulla Harbour. The little fish students caught were released straight back into the ocean and no fish was harmed in the process.



## Year 11 Students of the Week



**Joel Cable** is a diligent student who is always happy to get involved in all kinds of learning experiences. He is insightful in class, conscientious towards others and a real leader.

Congratulations Joel. Keep up the good work!



**Uniform Shop**  
**Open 8am-10am weekdays**



**If the lower gates are locked - don't panic!**  
we are open until 10am  
Dial 152 on entry pad

Phone Michelle between  
**8am-10am**  
**Ph 4455 1799 Ext 152**  
to make purchases over the  
phone using your **credit card**

Uniform prices on webpage  
<https://tinyurl.com/y7t5wp06>

Only one customer in the shop at a time

If uniform not available - order today to receive a Uniform Shop note.

**Specials:** Senior black wool/acrylic card \$25 /

Green wool-acrylic jumper Y7-12 \$36 / PE shorts (old style) \$10

A plain black or white long sleeve top worn under school shirt or dress is acceptable as uniform during these cold months

**UHS Canteen - OPEN and operating as usual**  
Please continue to use [www.flexischools.com.au](http://www.flexischools.com.au) to  
**order lunch and recess, selecting correct session**

New full menu <https://tinyurl.com/ycmbymbmh>

**Flexischools Ph 1300 361 769**

**UHS Canteen Ph 4454 1758**



Orders taken at Canteen counter  
before 9am

Open all 3 sessions

**Support your P&C by ordering food from Canteen**

**It's official: EFTPOS now  
available in UHS Canteen**



**Weeks 1&2 Periods 2 3 4 6 (Timetables updated)**

**Dates to Remember**

Tues 21/7 All students return

Y12 Trial HSC Exams - 2 weeks

Thurs 23/7 Uniform meeting 3:15pm (Zoom)

Mon 3/8 9.05am - new 4 session structure for all students

Tues 11/8 P&C Meeting (via Zoom)

**Extra Study Opportunities**

Drop-In Centre for Y11/12 daily 10.30-11am & 12-12.30pm in Library

Tuesdays Aboriginal Homework Centre 3.05-4.45pm in Q17

Tuesdays Maths Tutoring for Yr 7-10 3-4pm in Q10 Mr Hicks

Tuesday & Wednesday Study Centre 3-5pm (Library) for all students

**Download our  
UHS APP**

<https://tinyurl.com/ydahh5p9>

**FREE TOAST!**  
AVAILABLE EVERY MORNING  
BEFORE SCHOOL

MPC KITCHEN



It's back for Term 3! Thanks to the generosity of Bakers Delight and the Anglican Parish of Ulladulla who supply bread, margarine and spreads plus our wonderful SRC volunteers for their time each morning.

**Uniform Swap Shop**

**Open  
Mondays  
8.30am-9am**

Please send in all your  
clean preloved uniform to  
Office or Uniform Shop.

Thank you

**We invite you... to our  
P&C Zoom Meeting  
Tuesday 11th August**

**starting at 7pm**

Also check out our Facebook  
page <https://tinyurl.com/yaf6k4mj>

Complete membership form  
on webpage and pay \$1 to  
participate

<https://tinyurl.com/yyrlkcp6>

**LET'S LOOK  
OUT FOR  
EACH  
OTHER!**

AEROSOLS AGGRAVATE  
ALLERGIES OF STAFF  
AND STUDENTS

**FOR THIS REASON THEY ARE  
NOT PERMITTED AT UHS**



THE NATURE OF GRATITUDE IS  
THAT IT GROWS.



**Looking after Community**

**Student Support** Some children may prefer to talk to someone they don't know about how they are feeling. Potential sources of free, anonymous and confidential support for your children include:

**Kids Helpline** (1800 551800 or [www.kidshelp.com.au](http://www.kidshelp.com.au))

**Lifeline** (131114 or [www.lifeline.org.au](http://www.lifeline.org.au))

**HeadSpace Batemans Bay** 1800 718 383

**eheadspace** Confidential, free and secure space for chat

<https://headspace.org.au/eheadspace/>

**State Mental Health Telephone Access Line** (1800 011 511)

Ulladulla Community Health Centre - 4455 1840

**Grief and Loss for families, from an indigenous perspective**

<https://www.lifeline.org.au/static/uploads/files/coping-with-sorrow-loss-and-grief-wfcxsgmkxay.pdf>

**Grief and Loss fact sheet for professionals working with indigenous families** experiencing grief and loss [https://www.atsispep.sis.uwa.edu.au/data/assets/pdf\\_file/0004/3018325/grief-keyfacts.pdf](https://www.atsispep.sis.uwa.edu.au/data/assets/pdf_file/0004/3018325/grief-keyfacts.pdf)

**Good grief** Links and facts sheets managing grief and bereavement in COVID. <https://www.goodgrief.org.au/>

**Australian Centre of Bereavement and Grief** [Fact sheet supporting grief and bereavement during COVID](#)

**The Dougy Centre, National Centre for grieving children and**  
[When Your World is Already Upside Down: Supporting Grieving Children and Teens During COVID-1](#)

**Parentline** Support for parents and carers NSW Ph [1300 1300 52](http://www.parentline.org.au/)  
(<http://www.parentline.org.au/>)