NHS NOW ON FACEBOOK
To make it easier for our school community to know more about what's happening at Narooma High we've joined Facebook. Like us on our Facebook page www.facebook.com/nhs8536

STUDY SKILLS TIPS FOR FEBRUARY: Coping with Transition
Many students will be experiencing some form of transition this year. Perhaps they have moved from Primary School to Secondary School. Perhaps they are now a senior student. Maybe they are trying a new subject or changing levels within a subject.

With change, can come uncertainty and anxiety. Whenever we are in a new situation, we have a period of time where we are learning and adapting. Below are some tips to help students make their transitions this year as smooth as possible.

ASK QUESTIONS: Ask lots and lots of questions. If you are unsure about something, don’t sit there in silence, ask a question. If you are uncomfortable asking the teacher directly, then ask a friend or ask the teacher after class. But be aware, there are probably many other students with the same question and they will probably be thankful that someone asks the question they also have!

FIND A BUDDY: It is much easier if you have someone to talk to about what you are both experiencing. Someone you can check things with, even just

someone to listen to you when you want to moan and groan, or celebrate! You don’t have to specifically say ‘let’s be buddies’, but look out for a like-minded person so that you can help each other along the way.

CONSOLIDATE: When you are learning new things, or have lots of new information heading your way, it’s important to take time to consolidate. This could be explaining what you are learning to someone like your parents, or it could be writing a short list or summary of what you have been told so you don’t forget it.

POSITIVE ATTITUDE: Your attitude can make a world of difference to the type of experiences you have during any transition. Start noticing your thoughts. Are they negative or positive? You can start to take control and direct the way you think about a situation and this in turn will change how you feel. For example if something goes wrong and you notice you’re thinking something like ‘what an idiot, I can’t believe I did that’ immediately catch yourself and say ‘that’s a bit negative, after all, everyone makes mistakes, at least now I know what I need to do for next time’. Eventually you can start to have a more positive reaction to things, look for the good in situations.

AIM FOR PERSONAL BEST: Don’t compare yourself to other people. Aim for your own “personal best”. Strive to do the best you can, to learn, to grow and develop. We all have different skills and strengths and sometimes these aren’t always evident in the school situation. So just focus on being the best student you can be and celebrate all of your strengths and gifts – whether they show up in the school arena or in your outside life.

BERMAGUI and DISTRICT NETBALL ASSOC
Registration Tuesday 12 February at Bermagui stadium 6pm-6.30pm for anyone turning 12 this year to seniors for Tuesday night comp.
Contact Norma Reid 6493 3208.

MONDAY NIGHT NETBALL COMPETITION
Rego night Monday 18 February at 6pm at Leisure centre. $50 per person for women over the age of 16 years. Teams or individuals welcome. First game commences Monday 25 February. Please contact Nanette on 4476 1802 for further information.

UPCOMING EVENTS
Monday 18 February ~ P & C Meeting
Tuesday 19 February ~ Year 7 BBQ 6.30pm
Monday 18 March ~ P & C Meeting
Friday 22 March ~ Formal Assembly & SRC Induction
# Narooma High School Canteen ~ Menu
## Term 1 2013

### Everyday
- Salad Sandwich: Ham/ Cheese/Chicken  3.20
- Salad Wrap: Chicken/Lamb  3.50
- Pizza Rounda  2.00
- Chicken Quesadilla  3.20
- Chilli Chicken Wrap  2.80
- Chicken Burger  4.00
- Chicken Chippies  1.30
- Cheese & Spinach Roll  3.20
- Pasta Salad  3.00
- Potato Salad  3.00
- Garlic Bread  2.50

### Drinks
- Large Juice  2.00
- Small Juice  2.50
- Large Moove  3.00
- Small Moove  1.80
- Dare Milk  3.60
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Salad Wrap: Chicken/Lamb  3.50
- Small Juice  2.50
- Small Moove  1.80
- Dare Milk  3.60
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Pizza Rounda  2.00
- Large Moove  3.00
- Small Moove  1.80
- Dare Milk  3.60
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Chicken Quesadilla  3.20
- Small Moove  1.80
- Dare Milk  3.60
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Chilli Chicken Wrap  2.80
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Chicken Burger  4.00
- Dare Milk  3.60
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Chicken Chippies  1.30
- Dare Milk  3.60
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Cheese & Spinach Roll  3.20
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Pasta Salad  3.00
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Potato Salad  3.00
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Garlic Bread  2.50
- Water  2.00
- Juice Box  1.00
- Flavoured Mineral Water  2.00
- Nippies Milk  2.00

### Daily Specials

#### Monday
- Fruit Salad  3.00
- Pizza  2.50

#### Tuesday
- Turkish Bread: Salami/Cheese Tomato  3.00
- Chicken Drumstick & Salad  3.50

#### Wednesday
- Hamburger  4.50
- Quiche & Salad  4.50

#### Thursday
- Lasagne & Salad  3.50
- Vege Burger  4.50

#### Friday
- Turkish Bread: Chicken/Avo/Cheese  3.00
- Hamburger  4.50

### Occasional Food
- Pie  3.00
- Potato Pie  3.30
- Sausage Roll  2.50

### Snacks (everyday)
- Banana Bread  1.00
- Muffin  1.00
- Raspberry Yoghurt  2.00
- Cheesy Tortilla  1.50
- Apple Pie  2.00

### Breakfast
- Bacon & Egg Roll  2.50
- Baked Bean Jaffle  2.00
- Raspberry Yoghurt  2.00

### Fruit
- Banana  1.00
- Apple  1.00
- Orange  1.00
- Watermelon  1.00
- Grapes  1.00

### Confectionary
- Eucalyptus Drops  .40
- Potato Crisps  1.00
- Jupiter Bar  1.00

### Icecream
- Streets Icecream at recommended retail price.

### Free Breakfast
- The canteen offers a free breakfast to students. Sometimes in the modern world breakfast is overlooked for all sorts of reasons (usually time constraints). We would like all students to feel comfortable in using this service if the need arises.
- This menu is subject to change at any time, things may be added or deleted according to demand. Prices are also subject to change at any time. I will try and give prior notice whenever possible, but, please try and remember that I don’t always get prior notice of price rises either when you are allocating lunch money to you student.

_Signed_ 
Mrs Dot Misko ~ Canteen Manager