SCHOOL ATHLETICS
On Wednesday May 22 the NHS Athletics carnival was held at the Smyth Oval in overcast conditions.
Congratulations to all who made the effort to attend and compete, particularly the first and second place getters who have qualified for Zone, as have the age champions for 2013.
They were:

**Girls**
- 12yrs Hope Lazzaro
- 13yrs Lilly Bennett
- 14yrs Julie Brown
- 15yrs Maddy McCauley
- 16yrs Samantha Sly
- 17yrs+ Jodie Symons

**Boys**
- 12yrs Nathan Stever
- 13yrs Oscar Zideluns
- 14yrs Teig Wilton
- 15yrs Jake Morris
- 16yrs Jack McCauley
- 17yrs+ Wade Mongta

House results were very close this year:
- Wagonga 640
- Corunna 584
- Montague 527
- Dromedary 389

Good luck to all competitors who are competing at Zone in Moruya in week 8 of this term and a big thank you also to all staff who supervised year groups, ran stations and recorded results on the day.

K Preston

PARENT/TEACHER MEETINGS
Our whole school parent/teacher meetings will be held in the school hall on Tuesday 11 June 2013 starting at 4.00pm. These meetings have a great deal of value for both parents and teachers. They allow a frank and honest exchange of views which leads to a better mutual understanding of problems which may exist, and in turn this can only be of benefit to the students themselves.

Students are most welcome to attend with their parents.
Interviews will commence at 4.00pm and finish at 8.00pm.

Booking sheets have been handed out to all students. All students will be required to see their teachers prior to the meeting and book an appropriate interview time. *This will be the responsibility of each student.* If it is not possible for a suitable booking time to be made, parents could make alternative arrangements by contacting the teacher. The meetings will be greatly beneficial to all concerned.

STUDENT OF THE YEAR
NAROOMA QUOTA INT
All students in Years 9, 10 and 11 living at Tuross and south to the Bega area are invited to enter the Quota Student of the Year Quest.
- The major prize is $200 plus a certificate and trophy.
- The winner goes on to compete at District level.
- The Quest will be held on Tuesday June 25 at Club Narooma.

Nomination forms are available from the front office or the English head teacher. More information may be obtained by contacting Rosemary Towers 4476 2614 or Carol Mead on 4476 4112. **Nominations close Friday 7 June 2013.**

IMMUNISATION CATCH UP
Any Year 9 boys and Year 7 boys and girls who missed immunisation at the school on 28 May 2013 can have a catch up appointment at the Narooma Community Health Centre. This clinic will be held on Wednesday 5 June 2013 from 3.30pm – 4.30pm. Please ring 4475 7200 for an appointment.
Any enquiries please contact Faith Worboys on 4475 7200.

UPCOMING EVENTS

**Monday 10 June**
Queen’s Birthday holiday

**Tuesday 11 June**
Year 7–12 Parent Teacher Meetings 4pm – 8pm

**Monday 17 – Friday 28 June**
Year 10 Work Experience

**Friday 21 June**
Formal Assembly
The Great Gatsby 
cordially invites you to 
a fabulous evening of music and film 
Place ~ Narooma Cinema 
Time ~ Thursday, June 6 at 7pm 
Dress code ~ sensational 
(there will be prizes)
Cost $18 
Narooma High School P&O fundraiser

FOR TENDER

The Industrial Arts department has two items for sale by tender.

1. Large industrial thicknesser manufactured by L.S Barker of Victoria. Cutting width 610mm by approx 250. 3 phase. Complete and in working condition.

2. Light duty Drill mill by M.I.L Qualos of Taiwan. The machine has had little use but is missing most of the bed, feed handles and accessories. 3 phase.

No guarantee or warranty on either machine.
Purchaser to arrange pick up and transport.
For further information or to inspect either machine contact Peter Zideluns on the school number 44764377. Tenders close 14th June 2013.

PARENTING KILLS SKILLS

2 session workshop 
Thursdays 13 & 20 
June 9.45 – 12.15am 
For parents of children aged 1-12
Are your children behaving just OK? Want some assurance on how to prepare them for those teen years? Parenting is a tough job. Most parents want to develop in their children some degree of responsible independence. This workshop gives foundational interventions that will keep them steady during those teen years. It is designed to give parents practical skills and strategies to make parenting less stressful.
Where: Presbyterian Church Hall at Narooma 1 Farncombe Ave. 
Child minding available $2
Book now: 4476 4414

CALLING ALL SOUTH COAST RAPPERS AND MC’S
Renowned Hip Hop artist Kayo Marbilus (winner of prestigious ‘Best ACT Urban Artist Award’ at the 2012 Music ACT Annual Music Awards) will hit the coast on 8 June. Australian Red Cross is hosting Flocabulary, a free hip hop song writing workshop on Saturday 8 June from 10am-4.30pm at the Narooma Youth Cafe, Field St Narooma. Participants will be given the chance to work with Kayo on their own lyrics and be given tips on performance techniques. Participation is free and a healthy lunch is being provided by the Red Cross Nutrition team. Registration for the event is essential as spaces are strictly limited. To register contact Tom Noonan on 0419 416 667 or moonan@redcross.org.au

BRING CULTURAL EXCHANGE INTO YOUR HOME!

STS Student Exchange are seeking Aussie families who are busy, friendly, interested in other cultures and willing to welcome an STS exchange student into their family. Aussie families come from all walks of life and all cultural backgrounds, that’s what makes up our country. Our volunteer host families provide room & board and treat their host son or daughter as a member of their own family. Exchange students have their own spending money and medical insurance. While your exchange student is learning about Australian culture, your family members will learn about theirs. What a great way for your children to learn about another country!

CONTACT US TODAY TO START YOUR ADVENTURE IN STUDENT EXCHANGE!
1800 262 964 (charge free), 0401 741 754 (mobile)
Email: sts@people.net.au
Web: sts-education.com.australia

“Does Mum seem a little tense?”