NAROOMA QUOTA INT FINE & APPLIED ARTS SCHOLARSHIP 2014

Attention Year 11 students
Quota International of Narooma is offering a scholarship for the Fine and Applied Arts Award for Year 11 students who will complete their Higher School Certificate studies in 2015.

If you are a student in Music, Drama, Art, Photography, Design & Technology (Wood, Metal, Textiles and Technology) then you should apply. The purpose of the scholarship is to assist with the costs incurred in completing your Major Work for 2015.

Application forms are available from the front office or check with your subject teacher. Applications close on Wednesday 5 November 2014 and interviews will be held on Wednesday 19 November 2014 at school. All applicants will be advised of their interview time. The Fine and Applied Arts Scholarship will be presented to the winner at the 2014 Narooma High School Presentation Day.

NHS WEEKLY BULLETIN

Our NHS weekly Bulletin/Newsletter is available for viewing on our Website and through the Parent Portal. Paper copies will be available from the front office should you wish your child to collect one.

ROTARY CLUB TERTIARY EDUCATION SCHOLARSHIP

Going to Uni? Want financial help? Then apply for the Rotary Club of Narooma Tertiary Education Scholarship.
• Worth $3,000 a year for three years.
• Details and application forms from NHS front office.
• Apply even if deferring for a year.
• Applications to be returned by Friday 28 November.
• Interviews Saturday 20 December.

IMMUNISATIONS

The nurses at Narooma Community Health Centre will be having a catchup clinic for those students who missed being vaccinated on Tuesday 14 October. The students missed HPV (Gardasil) for Years 7 and 9 also Varicella for Year 7.

If you would like to attend the catchup clinic on Wednesday 29 October 3.30- 4.30 pm at the Community Health Centre please contact 4475 7200 for an appointment.

USE OF MOBILE PHONES BY STUDENTS AT SCHOOL

The use of mobile phones by students calling home has become more frequent. Could parents please be aware that it is not possible for the office staff to leave the office to find a student, especially during recess, lunch or a free period. We request that you ask your student/s to report to the front office if they ring or text you to be picked up. As previously mentioned if a student is sick they must report to the office. The student will always be put into sick bay and we will ring a parent/caregiver to come and get them.

MORUYA TOWN TO SURF FUN RUN

Entries are now open for the Moruya Town to Surf Fun Run on Sunday 26 October and can be picked up from The Rustic Pantry in Moruya or http://www.moruyasurf.org.au/

LITTLE ATHLETICS

The 2014 season will kick off on Tuesday 21 October at Bill Smyth oval, Narooma on Tuesday afternoons from 4:45pm. A registration day is on Tuesday 21 at Bill Smyth oval from 5pm. Fees for 2014/2015 are ~ 1st child $85, 2nd child $75, 3 or more children $55.

For all other registration enquiries please contact Brad Cummins (Registrar) on 0413 292 208.

UPCOMING EVENTS

Friday 31 October ~ Formal Assembly
Monday 3 November ~ start of Exams for Years 7-10
Tuesday 18 November ~ Year 12 Formal
NHS WELLBEING TEAM

Last term we began looking at depression. Below are some ideas to consider about managing mild to moderate depression. We encourage you to have a look at the Beyond Blue website for more information.

http://www.beyondblue.org.au

HOW DOES EXERCISE HELP WITH DEPRESSION?

There are many views as to how exercise helps people with depression. Exercise may block negative thoughts or distract people from daily worries. If a person exercises with others exercise may increase social contact.

Compared to people without depression, depressed people generally have lower fitness levels. Increased fitness may lift mood and improve sleep patterns. Exercise may also change levels of chemicals in the brain, such as serotonin, endorphins and stress hormones.

IS IT EFFECTIVE IN HELPING DEPRESSION?

A number of studies have found that exercise helps depression. Jogging, weightlifting, walking, stationary cycling and resistance training (pushing or pulling weights with arms and legs) have all been found to be helpful in preventing or treating mild to moderate depression.

In older people, exercise has been found to be as helpful as antidepressant medication or social contact in treating depression. The benefits that can be attained from exercise depend on the amount of exercise that is undertaken. One study has reported that total energy expenditure is a key factor in the remission of depression, leading the authors to recommend that individuals should be encouraged to achieve at least the minimum recommended levels of energy expenditure of 30 minutes or more of moderate intensity physical activity on most and preferably all, days of the week.

WHY IS KEEPING ACTIVE IMPORTANT?

Keeping active can help a person stay physically fit and mentally healthy. Research shows that keeping active can:

- help lift mood
- help people get a good night’s sleep
- increase energy levels
- help block negative thoughts and/or distract people from daily worries
- help people feel less alone if they exercise or socialise with others
- increase well-being.

KEEPING ACTIVE

People with severe depression may find it hard to do simple things such as getting up and dressed in the morning. They may also find it difficult to become motivated or stick to a plan.

Explore The WORLD With WEP

I hardly seem to have a spare moment here!! After three weeks, things are starting to feel more and more normal and life here is starting to become natural. Sometimes it feels weird to speak English!!

School, at first, was quite difficult because I am living in a small town, my whole class have known one another since they were polite. However, they were all friendly and I have made acquaintance with just about the whole school, so there is always someone to talk to or ask questions. The language difference isn’t too much trouble. Miming is funny anyway and it’s good for breaking the ice!

My host family are very accommodating and always have new things to share and do with me. I am trying my best to do the same back, bringing my own bit of Australia here with me in Belgium. We are celebrating Australia Day tomorrow and I am teaching them how to make pavlova.

See Rome, Paris or New York in 2015 with WEP Student Exchange!

Request a FREE Information Pack NOW!

www.wep.org.au 1300 884 733 info@wep.org.au

Experience The Magic Of Hosting

In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our newborn daughter, and not so good times (cut nothing back).

I would like to say my respects to Toon’s parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn’t have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in January 2015

Request student profiles now to find out more!

www.wep.org.au 1300 884 733 info@wep.org.au