LEARNING SUPPORT EVALUATION SURVEY
Our school is currently conducting a self-evaluation of Learning Support. The aim is to ensure students receive the best possible support in their learning in the most efficient way.
A survey letter was sent home to all families requesting input. Many thanks to families who have returned the survey. Your responses are greatly valued and will provide useful data for our planning. If you have not received a survey and wish to contribute please contact the school.
Yvonne Adams & Robyn Hareide

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.

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.

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 Year 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.

UPCOMING EVENTS
Friday 31 October ~ Formal Assembly
Monday 3 November ~ start of Exams for Years 7-10
Tuesday 18 November ~ Year 12 Formal
Last week the benefits of exercise and staying active as an integral part of managing your mood was briefly discussed. Please follow the below link http://www.blackdoginstitute.org.au/docs/Exerciseanddepression.pdf for further information on the role of exercise in treating depression, evidence for the benefits and exercise recommendations. This week we have included some other self-help strategies for depression that can be effective tools for helping to improve mood. http://au.reachout.com/self-help-strategies-for-depression

Why self-help strategies for depression are useful
Along with seeking treatment to manage depression there are a number of things you can do that may help you in overcoming depression. Developing self-help strategies to manage your depression in day to day life can make a huge difference to how well you are able to cope with your symptoms.

Self-help strategies for depression
- Track your thoughts by writing them down. It’s a good way to express your feelings, and it can also help you figure out which thoughts make you feel worse.
- Learn relaxation. Relaxation is great for reducing stress.
- Go easy on alcohol and drugs. If you’re using alcohol and drugs to cope, you could actually make your symptoms worse, both while you’re using them, and in the long run.
- Eat well, keep active. It can make a difference to your energy levels, and helps stimulate hormones (like endorphins) that help you feel better about yourself.
- Take some time out to do things you enjoy. When you’re feeling down it can make it really hard to get motivated to socialise and do things. Try and make yourself do one thing you usually enjoy each day.
- Learn something new. Developing new skills and achieving things lifts your mood. Get back into nature. There’s research that shows that when you have contact with pets, plants, gardens, parks etc., it reduces stress and boosts your mood.
- Go for a walk outside.
- Talk to someone you trust. Talking to a family member or friend is a great opportunity for you to express how you’re feeling. They can also provide you an outsider’s opinion on what’s going on.
- Join a support group. It can be really helpful to talk to people who have gone through similar experiences. Check out key services for help with depression for more info.
- Learn positive coping strategies. Reach Out has a great tip sheet titled ‘Building better coping skills’ http://au.reachout.com/building-better-coping-skills
- Set small goals. Don’t expect a ridiculous amount of yourself; it could make you feel down if you can’t meet your expectations. Set yourself small goals and take things one step at a time. See the goal setting fact sheet for more info.
- Develop a healthy sleep routine. Sleep has a huge effect on our physical and emotional health. Get some tips to help you get into a sleeping routine.
- Exercise regularly and maintain a balanced diet. There are a huge number of benefits associated with exercise and a good diet. Start small and work towards having an exercise routine and balanced diet set in place.

If these aren’t helping…….
If you are using a few of the strategies above but you’re finding your depression symptoms a bit overwhelming, go and see your doctor or mental health professional. It could be as simple as a particular strategy not being right for you, but it’ll be easier to work out how to overcome depression if you have help. Your doctor will have suggestions for alternative things you can try to help manage your depression day to day, and will be able to assess if you need to change your medication or get further help.

What can I do now?
Get info on treatments for depression.
Plan things and set goals.
Don’t use alcohol and drugs as a way of coping.