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.

HOST FAMILY NEEDED
We are now looking for a welcoming, volunteer host family for our French exchange student, Lucien. Lucien has been attending Narooma High School since July and is really enjoying his exchange program in Australia. As his current host family can no longer host him after the summer holidays, Lucien needs to move for his second semester, ideally within the Narooma High School community. If you can help and extend your hand in friendship or you would like to know more, please contact World Education Program (WEP) on 1300 884 733 and ask for Sylvia. Alternatively, email sylviakelly@wep.org.au.

IMMUNISATION CATCH-UP
Wednesday 12 November
Between 3.30 – 4.30
Community Health Centre

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.

BUDDING BRUMBIES
This year, the UC Brumbies are running the “Budding Brumbies” program in the Eurobodalla for the very first time.
Budding Brumbies is designed as an introduction to rugby for those who have never played the sport and also as a further skill enhancer for those who already play!
The program is for young boys and girls aged 4-9 years and is run over 4 weeks commencing on Friday the 7th of November.
Dates:
Friday 7th November: Hanging Rock Oval, Batemans Bay
Friday 14th November: Captain Oldrey Park, Broulee
Friday 21st November: Hanging Rock Oval, Batemans Bay
Friday 28th November: Captain Oldrey Park, Broulee
Time:
5:00pm-6:00pm
Register online:

YR 12 FORMAL
Reminder to parents and students to purchase your formal tickets at the office no later than Thursday 13 November 2014

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.

UPCOMING EVENTS
Tuesday 18 November ~ Year 12 Formal
WELLBEING

Last week’s blurb provided some ideas on helping others with depression and how to look after yourself. Apps are another self help tool that can be valuable. Our next newsletters will have information on apps that you may want to check out.

Narooma High School Wellbeing Team

**Giant Mind Learn to Meditate app** teaches you how to meditate so you feel calmer, more rested and present. It offers three levels of instruction that can be practiced anywhere, at any time.

What is Giant Mind?
The Giant Mind Learn to Meditate app teaches you how to meditate so you feel calmer, more rested and present. It offers three levels of instruction that can be practiced anywhere, at any time.

You can change the length of each session and select the background sounds, tones and music.

There is a step-by-step audio and video guide to support you through each meditation, with a journal tool that logs your progress. You can redo any of the sessions as many times as you like.

Age: 12+

**Recharge is an app which offers a personalised 6 week program that’s focused on improving mood, energy and wellbeing by putting in place good sleep/wake patterns.**

What is Recharge?
A personalised six week program focused on improving young men’s mood, energy and wellbeing by helping them to establish a good sleep/wake routine.

It helps get users up in the morning by forcing them to get out of bed and do 10 star jumps before the alarm turns off. It’s currently on the app store in beta form, and was created in partnership with the Young and Well CRC and BMRI. It’s about to undergo a research trial.

Age: 12+
Link: https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8

**SuperMe is a web game for being more resilient - being better at thinking positively, better at dealing with failure.**

What is SuperMe?
SuperMe is a web game made up of videos, games, quizzes and cheat codes for life. It's about resilience: how to feel good when life chucks you lemons. How to be better at thinking positively?

How to cope with, and learn to love, failure?

By playing through every piece of content you'll score points, collect experience and earn achievements. And as you get better at the game, you'll get better at life. Win!

Use SuperMe if you want to build your resilience, bounce back from failure, and/or make the most of your strengths.

Age: 15+
Link: http://www.playsuperme.com/

Next week we will have some more for you.