YEAR 8 AND 10 SUBJECT SELECTION MEETINGS FOR 2015
Subject selection meetings for 2015 are being held in the school library on Thursday 17th July. Both students and parents are advised to attend. At this meeting you will receive instructions and a code to make subject selections online via the Sentral Parent and Student Portal. Students can enter their subject selections online from Thursday 17th July following the meeting. The meeting is also an opportunity to ask questions regarding this important selection process.
Year 8 students' meeting starts at 6pm.
Year 10 students' meeting starts at 7.15pm.

PARENT PORTAL - REPORTING ABSENCES
Parents are reminded that you can now use the Parent Portal to explain your student’s absences. When you log into the portal click on the ‘Absences’ button. Tick beside the absence then click on ‘explain absence’. Please keep explanations brief (eg. sick, dentist appointment etc.) This will then update your students’ attendance record and you will no longer need to provide a note.

SECONDHAND SCHOOL JUMPERS FOR SALE
The office has a collection of secondhand school jumpers available for sale. $3 - $5 each

U15 AFL
On Wednesday 25 June, Narooma HS and Ulladulla HS played each other in the third round of the state wide under 15 AFL Swan Shield at Hanging Rock oval in Batemans Bay. In a tight, see-sawing match Ulladulla prevailed in extra time, after the scores were level at 6.8.44 a piece at full time. The game was decided by playing two 5 minute halves, each way, where Ulladulla scored 1.2.8 to Narooma 0.0.0, to clinch the match.
Best players were Jeremy Sly, Jai Reed, Hayden Lang, Teig Wilton, Liam Clothier and Ryan Shaw. Goal kickers were Jai Reed 2, with 1 each to Brock Lazzaro, Teig Wilton, Liam Clothier and Jackson Kelly.
Congratulations to the boys on progressing this far in the competition and playing some really good football along the way.

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ANNUAL SCHOOL REPORT
Our Annual School Report is now available on our website. If you would like a hard copy please contact the school.

WHAT IS MENTAL HEALTH?
Generally speaking Mental Health refers to your state of mind, your ability to work and study to your full potential, cope with day to day stresses, be involved in your community and cope with the everyday things that are going on around you.

A person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry or anxious are all normal emotions, but when these feelings persist for long periods of time or if they begin to interfere with daily life, they become mental health problems.

Mental health problems are common. Mental health problems are usually understandable reactions to personal and social issues and are usually not too severe or long lasting.

However, it is important to get support from your friends and family and to ask for help early, for example by speaking to your School Counsellor or visiting your local doctor (general practitioner - GP)

UPCOMING EVENTS
Thursday 17 July
Year 8 to 9 (2015) 6pm & Year 10 to 11 (2015) 7.15pm
Parent Information evening

Monday 21 July
P & C Meeting

Monday 21 - Thursday 31 July
Year 12 Trial Exams
Free Community Education Presentation

"Navigating Teenage Depression" Presented by the Black Dog Institute:

The presentation will cover -
- What is depression?
- What is bipolar disorder?
- How to spot early warning signs
- Understanding the risk factors
- How to build resilience
- What to do

This one-hour presentation is delivered by a trained presenter who has a personal experience of a mood disorder or of caring for a loved one. It is suitable for parents, teachers and people who work with young people. Topics include signs and symptoms of depression and bipolar disorder, how to spot early warning signs in young people, when and where to seek help, how to support a young person you care about and how to build resilience.

WHERE: School Library         WHEN: Monday 21st July 2014, 5pm - 6pm

To register your attendance: contact the front office 4476 4377

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PACTS
Careers and Transition Workshops for Parents

How much do you really know about the career options for your teenager?
Will you know how to help them choose subjects for Year 9 and beyond?
Will you know how to help them if they decide not to stay at school?
Do you want to be in a better position to help your child get an Apprenticeship, Traineeship or job?
Do you want to know more about University, Higher Education and Training?

South Coast Workplace Learning (SCWL) in partnership with Narooma High School is making available a program for parents called PACTS (Parents as Career Transition Support). The PACTS program is a workshop specifically developed for parents of secondary school students at all year levels to bring them up to date with current career transition information.

The Workshop is FREE and is being held at Narooma High School on:

Wednesday 23 July 2014 – 1.00pm -3.30pm

Note: The Workshop is limited to 12 parents so you must book your place by calling Narooma High School on 4476 4377