MERIT SCHEME REVIEW
The school is currently undertaking a review of how students are recognised for their achievements and we are looking for feedback on the current system so as we can build on its strengths and improve for the future.

As a result we have designed a survey and we would like students, teachers, parents, past students and community members to complete.

It would take approximately five - ten minutes and your input would be invaluable. Please go to our website to access the link to the survey or you can access it via the parent portal Alternatively you can go to https://surveymonkey.com/s/NF N68R8
Thank you for your time ~ The Merit Review Team.

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.

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

COMMON SIGNS OF MENTAL HEALTH PROBLEMS
It is really important to remember that a lot of the tell-tale signs of mental health problems are just a part of life at some point or other for the majority of us. However, if the tell-tale signs have been lingering a while and things are feeling not quite right, you may consider talking to someone about them:

Some of the more common signs of mental health problems are:
● Not enjoying, or wanting to be involved in, things that you would normally enjoy
● Not sleeping as well as usual, or sleeping more than usual
● Not eating as much as usual, or eating more than usual
● Being easily irritated, or being angry with friends and family for no reason.
● Finding that your grades at school are not as good as they should be.
● Being involved in risky behaviour that you would usual avoid like taking drugs or drinking too much alcohol
● Feeling tense or restless
● Crying for no apparent reason
● Feeling sad or ‘down’
● Having trouble concentrating or remembering things
● Having lots of negative thoughts
● Feeling unusually stressed or worried

When mental health problems last for long periods of time and severely affect someone’s everyday life, it may be that the problem is becoming an illness.

Mental illness refers to a range of issues which may affect someone’s thoughts, feelings, actions and/or memory. These issues are often longer lasting than mental health problems and can cause more distress and disruption to life. Although mental illness can occur at any age, anxiety disorders and depression are quite common problems for young people.

There are a number of mental health illnesses, which include:
Depression Anxiety Eating Disorders
Bipolar disorder Psychosis Self-Harm
Excessive alcohol and other drug use.

School Counsellor (Ms Digby) provides/offers a wide range of support, psychological/counselling services for the school community. Counsellor service is usually available Mondays, Thursdays and Fridays.

UPCOMING EVENTS
Monday 21 - Thursday 31 July ~ Year 12 Trial Exams
Thursday 31 July ~ Deadline for Year 11 2015 subject selection return
Friday 1 August ~ Regional Athletics
            ~ Deadline for Year 9 2015 subject selection return
Friday 8 August ~ Formal Assembly
IS IT OK TO DROP THE F-BOMB AT SCHOOL?

We all know that it happens – take a walk around many schools and you will hear swearing and foul language. To some degree, many expletive words have become a part of the vernacular and are not considered as socially unacceptable as they once were. However, this does not alter the fact that if you are at school and using language which causes offence to someone, you may be breaking the law. Let’s go through some examples –

Scenario 1: If a student was wandering around school yelling at the top of their lungs ‘F#$% Off!’, that student would be committing the offence of “Use Offensive language” under the Summary Offences Act 1988. (Max penalty: 6 penalty units or $500 infringement).

Scenario 2: If a student in woodwork class accidently hit their thumb with a hammer and yelled ‘f$%*!’ because they were in shock and pain, their use of the f-bomb could be considered to be reasonable and NOT offensive under the circumstances. (Max penalty: sore thumb & hurt pride)

Scenario 3: If a student is asked by a teacher to head off to class and the student said, ‘F#$% off, I’m not doing what you say you f’n dog’ before giving the teacher the finger, kicking over a chair and walking off, the student is committing the offence of “Offensive Conduct” under the Summary Offences Act 1988. (Max penalty: 6 penalty units or imprisonment for 3 months)

Scenario 4: If while on school grounds a person raises a clenched fist and says to a student, teacher or other member of staff, “I’m going to bash your F#$%ing head in”, that person has committed an offence under Section 60E of the Crimes Act 1900 No 40 which states, (1) A person who assaults, stalks, harasses or intimidates any school student or member of staff of a school while the student or member of staff is attending a school, although no actual bodily harm is occasioned, is liable to imprisonment for five years.

So, what does this all mean for you? It means that as a part of a school community, whether you are a parent, student or teacher, you have a responsibility to act in a way that is socially acceptable and in accordance with the rules of the community. The test of what is acceptable would be judged by a person who is reasonably tolerant, not someone who is easily offended or ‘thin-skinned’. Think about the kind of community you want to live and learn in and behave accordingly. Keep your interactions with other members of your community, whether they be students, parents or teachers, respectful.

Senior Constable – Bec Lanyon
School Liaison Police Officer - Monaro and Far South Coast lany1reb@police.nsw.gov.au

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You’re invited to

Moruya Physie & Dance

**EISTEDDFOD**

(“dance performance”)

Saturday 16 and Sunday 17th August

Come along and watch a dance spectacular in Moruya

Entry: Adults $5 for one day or $8 for both days. Kid’s $2 per day. Kid’s under 5yrs FREE
Canteen available on both days.

We have clubs coming from Sydney, Canberra, Shoalhaven, Shellharbour and Camden to dance.

Come and support local girls and enjoy their very first dance performance.

Contact us on 44743766 or moruyaphysie@hotmail.com

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**STITCHES SCHOOL UNIFORMS**

Donna from Stitches is here every Monday 8.30am-11.30am and every Thursday 12.30pm - 2.00pm.

Now in stock:

* Girls stretch straight leg pants
* Unisex relaxed fit pants
* Boys “stussy” style pants
* All skirt sizes are back in stock

The uniform price list is now available on the school’s website. Call in and see Donna at school or visit Stitches the next time you are in Batemans Bay.

The green unisex polo sport shirts (which are mandatory for all sport and PDHPE participation) are available in all sizes from the front office for $18.00.