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 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 to 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.

SCHOLARSHIP OPPORTUNITIES
The Public Education Foundation has just opened the biggest ever round of scholarships for students in public schools. Fourteen scholarship categories have opened, exclusively for students attending public schools.

The scholarships are about focusing on the different kinds of support and encouragement that individual students need.

Do you know a student who might benefit? Let them know about the upcoming opportunities.

http://publiceducationfoundation .cmail2.com/t/ViewEmail/r/6511 7AA5FC842C12540E23F30F EDED/63505EC2FEE2A337148 F9D201EB5695

TO ALL PARENTS OF YEAR 7s FOR 2015….
Is your child in Year 6?
Are they enrolled at Narooma High School for 2015?
We know that Term 4 and the lead up to Year 6 Graduation, Presentation nights… and then Christmas… can be exhausting. So to reduce the bottleneck of events, we will be having our 
Year 6 into 7 information evening from 5pm Tuesday 26 August, which is in Week 7 of THIS TERM.

Upon arrival, take a tour around the school and see the facilities Narooma High School has to offer your child. From 5.30pm, we will commence our information presentation in the library. Have all your questions answered as we talk about the Transition Program in place for the Year 6 students, and the academic and sporting opportunities your child will be provided.

If your child is enrolled, or even if you are curious about what Narooma High School can offer as a quality public high school, come along to our parent information evening.

We look forward to meeting our incoming Year 7 students, their siblings and parents too! Light refreshments will be served.

Any enquiries don’t hesitate to call the school on 4476 4377.

UPCOMING EVENTS

Friday 1 August –
  Regional Athletics
Deadline for Year 9 2015 
  subject selection return
Friday 8 August –
  Formal Assembly

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.
CAUSES OF MENTAL ILLNESS

There is no single ‘cause’ of mental illness and it is often likely to be a combination of a few different things. Some of the things that may contribute are:

**Biological factors** - mental illness can be passed on genetically from parents to their children. Hormones are another biological factor that can be responsible for changes in our mental health.

**Early life experiences** - traumatic events that occurred when we were younger, such as abuse and neglect, or the loss of someone close to you can have a strong impact on our mental health.

**Recent and current life events** - there are lots of events that can affect our mental health such as persistent stress from study or work, or a traumatic event such as the loss of a loved one, money problems, difficult personal relationships or problems within your family.

**Individual factors** - such as your level of self-esteem, coping skills and thinking styles.

**Misuse of drugs** - drugs, alcohol has all sorts of effects on the brain and the results are very unpredictable. One of the common effects of consuming too many drugs is a negative impact on our mental health.

**Social issues** - including difficulties with friends or teachers at school, or conflict within the family at home.