REGIONAL ATHLETICS 2014
AIS STADIUM CANBERRA
On Friday 1st August 2014, 27 Narooma High School athletes travelled and competed in extreme weather conditions in our nation’s capital. Throughout the day they had to endure sleet, rain and snow for a chance to compete at the NSW CHS championships at Homebush in the first week of September. To qualify for state, athletes needed to place in the top two of their events.

There were many outstanding performances and personal bests achieved on the day; as a result we have three students who have qualified for state.

- Lilly Bennett in the 14 years girls placed 1st in the high jump and long jump. 2nd in the 200m and 3rd in the 100m.
- Connor Griffiths in the 14 years boys placed 2nd in the long jump.
- James Hurley in the 12 years boys placed 1st in the high jump.

Other stand out performances included:

- Connor Griffiths 3rd in the 14 years boys 100m
- Marcus Lonsdale-Patten 3rd in the 13 years boys 200m
- Jake Morris 3rd in the 16 years boys triple jump
- Nathan Schaefer 3rd in the 17+ boys javelin
- Blake Zideluns 3rd in the 13 years boys 100m

Top 8 finishes included:

- Emma Arnold 8th in the 13 years girls discus
- Chloe Carlson 6th in the 13 years girls long jump
- Madelyne Czubara 6th in the 17+ girls 800m, 7th in the discus and 5th in the javelin
- Connor Griffiths 6th in the 14 years boys 200m

The relays were run at the end of the day in driving snow and rain. Despite the atrocious conditions, our 4 teams competed extremely well. The 13 years girls came 6th overall, the 14 years boys were 3rd, the 15 years girls were 4th as were the 17+ girls. We would like to extend our thanks to Oscar Zideluns. He was a late addition to the 14 years boys relay at 5.30am on the morning of the carnival, due to another member’s inability to compete due to sickness. This team narrowly missed out on qualifying for the state carnival.

Narooma High School would like to congratulate and thank all of the students who attended this carnival. We would also like to wish Lilly, Connor and James the best of luck for the CHS championships. We look forward to hearing about their performances.

TO ALL PARENTS OF YEAR 7’s 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 NEXT WEEK.

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.

SICK BAY PROCEDURE

Students who are feeling sick or are hurt should report to the front office. If your child phones you direct, please remind them to go to the office. We will then ring you and keep your child in sick bay until you arrive. Please do not attend the school to collect a sick child if you are curious about what Narooma High School can offer as a quality public high school, come along to our parent information evening.

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TIPS FOR A HEALTHY HEADSPACE

EXERCISE
Physical exercise is good for our mental health and for our brains. When you’re feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block to yoga to cycling, could contribute to improving the symptoms of depression and anxiety.

BE SELF REFLECTIVE
There are many ways to stop and think about yourself and where you are at. It may be through writing, talking, walking, reading self-help books etc. Examine where you are in life, where you want to be, and where you’ve come from. Be honest and complimentary to yourself.

BE SOCIALLY ACTIVE
We are social creatures, and our social relationships are really important to our general wellbeing. It is okay to take time out for yourself, but don’t stay shut in. Go out and keep your social relations strong. Assertiveness helps build your self respect and self-esteem because it allows you to be yourself. It involves standing up for one’s rights and valuing yourself as well as valuing others equally, respecting their right to an opinion. Being assertive is not the same as being aggressive.

DEVELOP ASSERTIVENESS SKILLS
Assertiveness is being able to put one’s view forward with confidence and respect whereas aggression is a behaviour which is hostile and arouses or results in attack.

SLEEP WELL
A good night’s sleep helps both mental and emotional resilience, while chronic sleep disruptions could increase negative thinking and emotional vulnerability. Maintain a regular sleep-and-wake schedule, use the bedroom for its core purposes and avoid having distracting devices such as a television or a computer.

EAT WELL
Some studies suggest that what you eat affects your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can effect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself, even if at times you don’t feel like it.

GET INVOLVED
Get involved with things. Do volunteer work, get a hobby, join a club or committee, play sport, join a meditation group, go snorkelling with a group of people, socialise or do a short course. The more things you do, the more connected you feel to the world around you.

THE LITTLE NIGHT IN
Saturday 23 August
Quaama Hall
Doors at 6.30pm
$5 (kids under 12 free)

A night of youth music for all featuring...
Foxground
Tim Winterflood
An open mic Blackboard Concert
MC’d by Rhys Davies the Trickster
A drug and alcohol free event
Facebook.com/LittleNightIn

Little Athletics is all about family, fun & fitness

Our 2014 Season will kick off on Thursday 16th October and run through to March 2015
Located at Bill Smyth oval on Thursday afternoons from 5.15pm
Registration Fees for 2014/2015 are as follows:
1st child $85, 2nd child $75, 3 or more children $55 each
Registration forms will be available at the end of August.
For all registration enquiries please contact
Brad Cummins (Registrar) on 0413 292 208
Parent Helpers are also needed. To register to help please contact
Monique Craig (Vice President) on 0433 770 800

Read on to find continuing tips from Narooma High Schools Well Being Team about how we can be looking after and maintaining our own mental health and well being. As we acknowledged last week, this series of tips has come from ‘headspace’ the National Youth Mental Health Foundation.
www.headspace.org.au