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 student’s attendance record and you will no longer need to provide a note.

Please do not use the absence explanation field to add messages to the office about upcoming absences or early leaver requirements. A phone call or note is still required for advance notice of upcoming absences.

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 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
Monday 18 August ~
P & C Meeting

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

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

PCYC
Police Citizens Youth Clubs
Boxing Fitness
Fridays 5.30pm – 6.30pm
Narooma Leisure Centre
males & females 14yrs+
$15 first session includes membership fee, cotton inners and class fee, then $10 per session thereafter
All other equipment supplied
For more information contact
Andrew on 0417 662 748

7181 Princes Highway, Narooma NSW 2546 Phone: 4476 4377 Fax: 4476 3953
email: narooma-h.school@det.nsw.edu.au website: www.narooma-h.schools.nsw.edu.au www.facebook.com/nhs8536
Over the next three weeks the **Narooma High School Well Being Team** will be giving you some tips about how we can be looking after and maintaining our own mental health and wellbeing.

This series of tips has come from ‘headspace’ the National Youth Mental Health Foundation.

**www.headspace.org.au**

**TIPS FOR A HEALTHY HEADSPACE**

**Get informed**
This will allow you to make good decisions regarding treatment, relationships, spirituality, finances, etc. Read pamphlets you may find in the doctor’s office or health care facility; review related books, articles, video or audio tapes. Talk to others who have had similar experiences, search the internet, read **headspace** fact sheets and attend support groups, workshops and lectures.

**Set goals**
The process of setting goals can help you choose where you want to go in life, or perhaps just what you want to achieve this week. Setting and achieving goals can be incredibly motivating, and can help build self-confidence, increase your general level of contentment and mental health.

**Build self-esteem**
Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. For example, you may not be the best tennis player, but you can still enjoy playing. How can you help be the best ‘you’? Learn and openly accept who you are.

**Seek help**
A problem can sometimes be too hard to solve alone – or with friends and family – so it’s important to seek professional help. You can see your family doctor, psychiatrist, nurse, occupational therapist, psychologist, social worker or counsellor. Be honest to yourself about when you may need support and don’t be afraid to seek help: finding help might feel scary at the start but it gets easier over time.

**Build strategies**
We all have coping strategies. If we rely too heavily on one or two methods of coping in difficult times, we can find ourselves in trouble if we suddenly can’t use them (e.g. an injury might stop us from taking exercise). There are various coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art.

**Practice positive self-talk**
The way that we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivation and dedication to ourselves and our lives. It might not feel like it, but with practice you can change your self-talk. Positive self-talk is any thought you think, or any speech you say to yourself that uplifts your social, moral, spiritual wellbeing and results in improvement. Positive self-talk can be used for greater confidence, adopting a healthier lifestyle and reducing stress.

**Relax**
There are many ways to relax and different relaxation techniques to use to overcome stress. Some commonly used ones are; progressive muscle relaxation, diaphragmatic breathing, mindfulness and guided imagery. Physical exercise is good for our mental health and for our brains.