USE OF MOBILE PHONES BY STUDENTS AT SCHOOL
The use of mobile phones by students calling home has become more frequent. Could parents please be aware that it is not possible for the office staff to leave the office to find a student, especially during recess, lunch or a free period. We request that you ask your student/s to report to the front office if they ring or text you to be picked up. As previously mentioned if a student is sick they must report to the office. The student will always be put into sick bay and we will ring a parent/caregiver to come and get them.

UPCOMING EVENTS
Wednesday 3 September ~ School Dance
Friday 5 September ~ Formal Assembly & SRC Executive Induction
Monday 8 – Friday 11 September ~ Year 11 Exams

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
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

Tips for a Healthy Headspace

GIVE A COMPLIMENTS
Give a compliment and allow yourself to feel good for making someone else feel good.

BUILD FRIENDSHIPS
Keep in touch – invite a friend to lunch.
Encourage new friendships – ask your friend to bring someone you have never met.

SHARE AND CREATE POSITIVE RELATIONSHIPS
Close relationships have a huge impact on how we feel on a daily basis. A phone call, a couple of emails or a few texts, can help us feel connected to those we love. Share thoughts and feelings with friends, family or a counsellor. Talking your problems through as soon as they appear can really help relieve stress and anxiety.

REDUCE HARMFUL EFFECTS OF ALCOHOL AND DRUG USE
Some people make the mistake of thinking that taking drugs can help get them through tough times. Drugs, including alcohol, can contribute to, or trigger mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks and psychosis.

HELP OTHERS
Do something to help someone else. Acts of kindness help other people but also make us feel good. We are often happiest when doing something for others.

PRACTISE SKILLFUL CONFLICT RESOLUTION
Conflict is difficult for most people. There are times where it may not be possible to avoid. Practicing skilful conflict resolution can make a difference and with the skills gained, may have additional benefits. Conflict does not have to be aggressive, discussing and talking through issues can benefit your own wellbeing.

PLAY
Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks and reduce stress and anxiety.

NAROOMA HIGH SCHOOL WELL BEING TEAM
DRUG EDUCATION
On Wednesday 3 September students in Year 9 will be participating in a number of workshops concerning Drug Education. There are 3 presentations given by outside agencies relating to the different issues involving drug use. Rebecca Lanyon – Police Liaison Officer, Finn Liddy- Drug and Alcohol Case Worker and Avril Mackay- Medicare Local will be presenting the workshops.

Kylie Maher
Head Teacher Welfare (relieving)

SCHOOL DANCE
MOVIE MAGIC THEME
WITH A DJ & PHOTOBOOTH

WEDNESDAY 3 SEPTEMBER 2014

TICKETS:  $7  Dance ticket only
           $10  Dance ticket and one photo booth visit
           $12  Dance ticket and two photo booth visits

There will be no tickets available at the door.
All tickets must be purchased from the front office before the day of the dance.
Students on uniform or discipline sanctions will not be permitted to purchase tickets.
Parents are reminded that students must be signed in before being allowed to enter the hall. (Year 12 students can only sign in their own siblings)
Bring extra money for goodies from the Canteen.
Plus for $4 each you can purchase Photo booth visits on the night.
Come along and farewell our Year 12 2014

CHANGE OF STUDENT’S DETAILS
If you have recently changed your address, phone number or family details please contact the school office as soon as possible to update our information or complete and return the form below.
It is important that this information is current, particularly in the case of an emergency.

CHANGE OF ADDRESS OR PHONE NUMBERS

Student’s Name: ................................................................. Year............................

Residential Address: .................................................................................................

Mailing address: ...........................................................................................................

Contact Name: ...........................................Relationship to student: ..........................

Phone (home): ......................  Phone (work): .......................  Mobile: ..........................

Emergency Contact Name: ................................................................. phone number: ................................