Narooma High School
BULLETIN

Term 3
Week 4
7 August 2014

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 (e.g. sick, dentist appointment etc.). This will then update your students’ 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.

EOI OPEN FOR 2015 GALLIPOLI SCHOOL TOUR
Minister for Veterans’ Affairs Victor Dominello today announced a ballot to enable 100 high school students to represent NSW at the 2015 Gallipoli Dawn Service, marking the 100th anniversary of the landing of the first Anzacs.

“The NSW Government is proud to offer 100 students in Years 10, 11 and 12 a once-in-a-lifetime opportunity to travel to Turkey in April 2015 to be part of this historic occasion,” Mr Dominello said.

Please contact the school on 4476 4377 by 15 August 2014 if your student would be interested in participating. Should sufficient interest be shown our school can register an expression of interest for the ballot.


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 8 August ~ Formal Assembly
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.

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**Merit Awards ~ August 2014**

**BRONZE**

**Year 7** ~ Emma Arnold, Tom Barker, Libby Bate x2, Sammy Bate, Jye Bird, Connor Breust, Samantha Burns, Zac Campbell, Chloe Carlson, Josh Clegg-Townsend, Cecilia Colom-Davis x2, Treat Dufty, Jessica Everson, Cameron Hayes-Norman, Zoe Holdsworth, James Hurley x3, Eleni Ives, Kayla Jankovic, Bethany Jee-Partridge, Kade McGrath, Kaleb Moritz x2, Scott Negus, Cooper Paulic, Megan Rutherford, Tayla Ryan, Ryan Shaw, Rory Spurgeon x2, Liam Sweeney, Bayley Tague, Zoe Tot, Blake Zideluns.

**Year 8** ~ Campbell Allison x2, Lilly Bennett, Dion Bourke, Nathan Bunney, Chanelle Doyle, Jessica Doyle, Tommy Driscoll, Cassidy Ker, Michelle Lee, Georgia Macdonald, Connor McCarthy, Kyal Morris, Elissa Nicholson, Zayla Phillips, Georgia Poyner x2, Jakeb Smart, Adin Thompson-Blanchard.


**Year 10** ~ Crystal Czubara, Mikaela Donovan, Hayden Lang, Jake Morris, Matthew Swadling x2, Skye Threlfall, Ashley Walpole.

**Year 11** ~ Jay Breust, Rhyleigh Callaghan, Jay Kildea, Jaydean Lonsdale-Patten, Sarah McLaren, Elyza Morris, Lucy Noble, Stephanie Read, Brydie Rugendyke, Samantha Sly, Emily Stokes.

**Year 12** ~ Ashleigh Avill, Emma Bunney, Max Carter x2, Madelyne Czubara, Meg Gill, Jesse Hawke, Nathan Magain, Carl McEvoy x2, Emily McManus, Amey Middlemiss, Lachlan O'Neill, Kee-Anna Patton, Luca Russo, Nathan Schaefer, Tiarna Shears, Jodie Symons, Jay Walpole, Molly Wharfe.

**SILVER**

**Year 7** ~ Libby Bate, Sammy Bate, Jye Bird, Chloe Carlson, Cecilia Colom-Davis, Treat Dufty, James Hurley, Kaleb Moritz, Scott Negus, Rory Spurgeon, Bayley Tague, Zoe Tot, Blake Zideluns.

**Year 8** ~ Lilly Bennett, Nathan Bunney, Jessica Doyle, Cassidy Ker, Kyal Morris, Jeremy Sly.

**Year 9** ~ Kiah Bismire, Julie Brown, Blake Cavanagh, Liam Clothier, Elliot De Frenza, William Hodge, Tamika McLaren, Charlize McLeod, Teig Wilton x3.

**Year 10** ~ Mikaela Donovan, Jake Morris, Matthew Swadling x2.

**Year 11** ~ Rhyleigh Callaghan, Elyza Morris, Lucy Noble, Stephanie Read, Samantha Sly.

**Year 12** ~ Madelyne Czubara, Meg Gill, Carl McEvoy, Emily McManus, Kee-Anna Patton, Jodie Symons, Jay Walpole, Molly Wharfe.

**GOLD**

**Year 7** ~ Cecilia Colom-Davis, Rory Spurgeon.

**Year 8** ~ Nathan Bunney, Cassidy Ker, Kyal Morris.

**Year 9** ~ Blake Cavanagh, Liam Clothier, William Hodge, Charlize McLeod, Teig Wilton.

**Year 10** ~ Matthew Swadling.

**Year 12** ~ Carl McEvoy, Kee-Anna Patton.
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.

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

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