ICE BUCKET CHALLENGE
After three of our Year 12 students attended a Rotary meeting last week here in Narooma where the guest speaker spoke on MND and a local family going through the trauma of the father suffering from the disease, they have hatched a scheme. As a result of the meeting they have approached me and I have agreed that they can raise funds for MND to support the local family, or put towards research, by encouraging the year group to take part in the ‘ice bucket challenge’. They are aiming to involve myself as Principal as well. This will occur next Tuesday around lunch time. I believe that the one thing the challenge has certainly achieved, apart from the money raised, probably more importantly, it has raised the awareness of the disease. We would like to encourage local businesses and community members to support this initiative and hopefully organise some sponsorship, etc. We are also aware that the time frame is very short so we will need lots of help.

A Fahey

RITCHIE CUP GOLF ROUND 2
The 2nd and final round of the Ritchie Cup was played on Wednesday September 3 at the Narooma Golf Club in windy and squally conditions. The 2014 18-hole champion was Jackson Hearn, with a total of 118 for 30 holes, to win by a massive 32 shots from Jay Walpole, who won the Handicap division. It was a high quality round from Jackson who shot 79 in very difficult conditions to win back-to-back titles. In the 6-hole event Blake Cavanagh totalled 76 shots to win by 4 from 2013 defending champion Cameron Krenkels on 80. Other golfers to play well and improve their game were Will Hodge (97), Harrison Bunney (109) and Aidan Halliday (111). Congratulations to players on their efforts and we look forward to a bigger and better tournament in 2015.

Kim Preston

UNIFORM SHOP
Please note that the Uniform Shop will not be open in the last week of this Term. It will be open Term 4: Mondays: 8.30 -11.30am and Thursdays 12.00 – 2.30pm

LOST PROPERTY
A reminder to all students to check lost property at the office for any missing belongings. Lost property not collected by the end of term will be donated to charity.

UPCOMING EVENTS

P & C Meeting
Monday 15 September
Year 12 Breakfast and Farewell Assembly
Thursday 18 September
End of Term 3
Friday 19 September
Students return for Term 4
Tuesday 7 October
This week we will begin a series on depression. We are also encouraging you to log onto the Bite Back website http://www.biteback.org.au/ and enter into their ‘Bright Ideas’ competition. Narooma High Schools Well Being Team.

WHAT IS DEPRESSION?
Depression is a common experience. We have all felt ‘depressed’ about a friend’s cold shoulder, misunderstandings in our relationships, tussles with our family - sometimes we feel ‘down’ for no reason at all.

However, depression can become an illness when:
* The mood state is severe
* It lasts for 2 weeks or more and
* It interferes with our ability to function at home or at work.

**Signs of a depression include:**
* Lowered self-esteem (or self-worth)
* Change in sleep patterns, that is, insomnia or broken sleep
* Changes in appetite or weight
* Less ability to control emotions such as pessimism, anger, guilt, irritability and anxiety
* Varying emotions throughout the day, for example, feeling worse in the morning and better as the day progresses
* Reduced capacity to experience pleasure: you can’t enjoy what’s happening now, nor look forward to anything with pleasure. Hobbies and interests drop off
* Reduced pain tolerance: you are less able to tolerate aches and pains and may have a host of new ailments
* Poor concentration and memory: some people are so impaired that they think that they are becoming demented
* Reduced motivation: it doesn’t seem worth the effort to do anything, things seem meaningless
* Lowered energy levels.

If you have such feelings and they persist for most of the day for more days than not over a two week period, and they interfere with your ability to manage at home and at work, at school, then you might benefit from getting an assessment by a skilled professional.

Having one or other of these features, by themselves, is unlikely to indicate depression, however there could be other causes which may warrant medical assessment.

If you are feeling suicidal it is very important to seek immediate help, preferably by a mental health practitioner. Please see below emergency contact information - 24 hours
* Ambulance/Fire/Police - 000
* Lifeline - 13 11 14
* Men’s Line Australia - 1300 78 99 78
* Salvo Care Line - 1300 36 36 22
* Kids Help Line - counselling and support provided for young people (to 24 years old) who are feeling depressed, sad, or lonely - or just need someone to talk to – 1800 55 1800
* Salvo Youth Line - (02) 8736 3293 (Sydney local call)
* Child Abuse Prevention Services - 1800 688 009
* Suicide Call Back Service - 1300 659 467

In an emergency you can also visit your local hospital’s emergency department.

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**BRIGHT IDEAS COMPETITION**

Ever had an idea you think could change the world, your school, your community, or yourself? Some way you and others can make a positive impact on those around you? Well ‘BITE BACK’ want to hear your ideas! They are offering options for the grand prize, when you enter, tell them whether you want an Apple iPad or Mini, Samsung Galaxy Tab S or Sony Xperia Tablet Z2. The tablet will come with a suite of apps to help you get your bright idea off the ground.

Pocket iMindMap HD Notability Evernote Wunderlist DayOne Inkflow MindNode.

Also, the top 20 entries will be published in an ebook and shared with leading changemakers.

**How do you enter? Easy! But you will firstly need to log on to their website and sign up. Then….**
* Pick a prize
* Write out your idea to make a positive impact
* Hit ‘enter now’!

Don’t forget, you can enter as many unique ideas as you like!

The best entries will:
* Be original - make your idea genuine, something you’ve thought about.
* Genuine - really think about how your idea would make a positive impact on those around you
* Have a plan - outline some ways your ideas would work if they actually came to life. So rack your brain & come up with your best idea for making a positive impact and enter below!

Entries close Monday 4PM AEST September 22nd 2014. Login or signup now to enter. One of the many perks of being a BITE BACK member is access to these competitions. Sign up now! It’s totally free.

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Bermagui Surf Club is putting a call out to the community for new and previous members to come and join us on the beach for the 2014/2015 summer surf life saving season. We have a great new club house at Bermagui and are keen to fill it this season.

**Registration Information:**

When: Sunday 21st September from 11am to 1pm
Where: At Bermagui Surf Club

For more information on registration and fees please call Rachel Wallbank on 0416203972 or info@serendipsurf.com.au