CALLING FOR OLD UNIFORMS
Narooma High School P&C are starting up a second hand uniform shop. We are calling for donations of any old uniforms, those that no longer fit that are still in good condition, to be sold on at a very reasonable price. All monies made will go directly to the P&C to be used to fund activities, equipment, etc for Narooma High School.
Donations can be dropped off at the front office. The shop will operate during lunch on Mondays out of the existing uniform shop. We are hoping to begin operating the shop in Term 2, provided there are uniforms to sell. So please, don’t chuck out the old uniforms, send them in for a worthy cause, our school.

STITCHES UNIFORM
Stitches would like to advise that next Tuesday 24 March will be Stitches last day for Term 1. We will be back on the first Tuesday of Term 2. Have a safe break.

UNIFORM SHOP HOURS
The Uniform Shop will be open at Narooma High School every Tuesday from 10.45am to 1.45pm.

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.

It is important that this information is current, particularly in the case of an emergency.

YOUTH WEEK CERAMICS WORKSHOP
Explore hand-built ceramic techniques with artists Joy Georgeson, Rachel Annabel and David Stocker. Make original small art-works, postcard size at a FREE ceramics workshop to be run as part of Youth Week.
The workshop will be held on Sunday 19th April, 10am-4pm, at Valley Potters Studio, Old Bega Hospital, for those aged between 12-24 years of age.
All materials will be supplied with a maximum of 18 participants. Book now at Spiral Gallery, 47 Church Street, Bega, phone 6492 5322. There is a refundable $20 deposit required to secure your spot, to be paid by 11th April.
The workshop will explore ceramics techniques through creating postcard size artworks. Morning and afternoon tea is provided, bring your own lunch and wear old clothes. Create works you can enter in Spiral Gallery’s Postcard Exhibition to be held in July. Over 300 entries were received for the Postcard Exhibition in 2014 and there is a youth category with great prizes to be won. If you have any queries, please contact Rachel Annabel on 0418 923 463. Text Rachel and she will ring you back. Or email: rachelfrombega@yahoo.com.au
The Workshops are sponsored by Bega Valley Shire Council and Spiral Gallery Co-operative.

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Narooma High School Cross Country Organisation 2015

Wednesday 25 March 2015

Your student’s day has been turned upside down!
The Cross Country program of events is outlined below

Where: The cross country will be held on the block of land on the southern side of the school

When: 9.05am till 11.05am (see tables below)

Who: The event is compulsory for students in years 7 – 10 and open to competitors in years 11 and 12. If your child has a valid reason for not participating a note will be required.

Uniform: All students will be required to wear full sports uniform and running shoes

Food: Students need to provide their own food and 2 litres of water for hydration on the day

Safety: A hat and sunscreen will be required to assist with your child’s sun safety. We also recommend that if your child suffers from asthma that they carry their personal inhaler with them during the race.

Supervision: Narooma High teaching staff will provide supervision for the event

Cost: Free of charge

Spectators: Parents and family are welcome. Please sign in at the front office as a visitor.

Zone: The first 10 in each age group will qualify for the Zone Cross Country in Wolumla on the 8th May 2015.

The day structure for the school cross country is outlined below:

Day structure for Cross Country
1) 8.55 - 9.05 Roll call as normal
2) 9.05 - 9.25 Assembly (The focus of the assembly will be to organise the cross country)
3) 9.25 - 11.05 Periods 5 and 6 (This would normally be the timetabled 9/10 sport session in the afternoon. In lieu of sport, the cross country will be run in age groups.
4) 11.05 - 11.25 Recess
5) 11.25 - 12.40 Periods 3 and 4
6) 12.40 - 1.20 Lunch
7) 1.20 - 3.00 Periods 1 and 2

All students need to bring appropriate sports uniform and school equipment to suit this organisational change

The Cross Country Program is as follows:

<table>
<thead>
<tr>
<th>Session One (begins at 9.15am)</th>
<th>Session Two (begins at Approximately 10.15am)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event 1) 12 years boys 3000m</td>
<td>Event 7) 17 years boys 6000m</td>
</tr>
<tr>
<td>Event 2) 12 years girls 3000m</td>
<td>Event 8) 17 years girls 4000m</td>
</tr>
<tr>
<td>Event 3) 13 years boys 3000m</td>
<td>Event 9) 14 years boys 4000m</td>
</tr>
<tr>
<td>Event 4) 13 years girls 3000m</td>
<td>Event 10) 14 years girls 4000m</td>
</tr>
<tr>
<td>Event 5) 16 years boys 6000m</td>
<td>Event 11) 15 years boys 4000m</td>
</tr>
<tr>
<td>Event 6) 16 years girls 4000m</td>
<td>Event 12) 15 years girls 4000m</td>
</tr>
</tbody>
</table>

Melissa Café
PDHPE Faculty