



## NORTH ALBANY SENIOR HIGH SCHOOL

*An Independent Public School*



### Week 3 Term 2 Newsletter

Welcome to our first newsletter for Term 2.

Articles include results of the NASHS Cross Country and Interschool Cross Country, Ruth Sell Community Award, ANZAC Report and Tim Winton for Young Writers Award details.

Click [here](#) to view the newsletter.

If you no longer wish to receive this newsletter, please click on "**Unsubscribe**" at the bottom of this email.



### Mental Health Information Evening

Representatives from Headspace Albany are presenting a mental health information evening at Brooks Garden Chemmart Pharmacy on Tuesday, May 16.

[READ MORE](#)



### teen Mental Health First Aid

Your child's school is conducting tMHFA training, which gives teenagers the skills they need to recognise and help with mental health problems and crises in their friends, and to get the help of an adult quickly.

[READ MORE](#)

### Palmerston Association - Methamphetamine Skating on Thin Ice

Palmerston Association are offering a series of free interactive and informative workshops for families who are impacted by, or struggling to cope with someone else's methamphetamine use.

[...Read More](#)



### Tim Winton Award for Young Writers

Let your imagination take you somewhere unexpected

Sharpen your pencil and let your imagination run wild because the [Tim Winton Award for Young Writers](#) is back.

[READ MORE](#)

[Click here to go to our Events Calendar](#)