



From the Principal

HEALTH MATTERS

Eating for exams—It's a no-brainer

Did you know that good nutrition in the lead up to exams will boost mental alertness. So whether you're studying for exams or just wanting to stay sharp, here's some food for thought on the well fed brain.

While no single food can make you brilliant, good nutrition is important. The brain is a hungry organ, needing a steady supply of nutrients. It's abuzz with electrical impulses, neurotransmitters and electrolytes that help relay messages.

Sweet thoughts

The brain's preferred energy source is glucose, which is found in carbohydrate foods such as bread, rice, pastas, potatoes, milk and fruit. Include carbohydrate foods in most of your meals and snacks - but choose the healthy ones!!

Brainy brekkie

Breakfast is the most important meal of the day, as it provides much needed blood glucose to the brain. Research shows skipping breakfast can impair school performance.

Clear your head

Ever been for a walk to clear your head? Being physically active helps us feel good and think clearly. Regular physical activity and a healthy diet can help keep us sharp.

Brain drain

The brain is 85% water, so dehydration is bad news for brain power and cause headaches and loss of concentration. Try to drink 2 litres of fluid a day including plenty of water.

The Brainy B's

These vitamins help reduce a "learning stopper" in our body.

- Vitamin B6 - helps make neurotransmitters. It is found in chicken, fish, bananas, potatoes, spinach and some breakfast cereals.
- Vitamin B12 - helps maintain a healthy nervous system. B12 is found only in animal products, so meat, fish, chicken, eggs and dairy.
- Folate - essential for normal brain function. Low folate is associated with poor learning performance. It is found in liver, leafy green veggies, some breakfast cereals and peanuts.

The good fish

Brain tissue contains a lots of Omega 3 fats, so these are important for brain function. Fish has a reputation as a "brain food" due to its levels of Omega 3 fats - so eat fish a couple of times a week.

Want to know more, feel free to have a chat with the School Based Youth Health Nurse, Sally Minto.

BULLYING

An important message for parents and carers about bullying issues

In this time of heightened awareness of violence in schools, I would like to reassure all parents and carers that our school takes a tough stance on bullying.

We do not tolerate any form of violence or harassment.

As principal, it is my number one priority that every student feels safe in our supportive school environment.

I have reminded all students that bullying behaviour is unacceptable and will not be tolerated at this school. I ask that parents and carers take some time this week to speak with their children about bullying and to remind them of the importance of treating others with fairness, dignity and respect.

If you believe your child is being bullied or may be involved in bullying another student, I also urge you to contact me to discuss the ways we can help to address this behaviour.

Our school community has a number of programs to combat bullying and harassment, including:

- Responsible Behaviour Plan
- Anti-Bullying Policy

For more information on these programs, please contact the school office.

North Rockhampton High takes very seriously its responsibility to keep our students safe and to ensure our school community is free from bullying, harassment and violence.

I urge any parents and carers who are concerned about bullying to contact me directly.

Financial Support to Recognise Current Students Representing the School in Approved Activities

Student subsidies can be provided by the P&C to contribute to the cost of a student representing the school at a State, National or International level in sports under the umbrella of the QSSSSA. Students must have gained selection in some independent manner. Students attending non-sporting events as a representative of the school will also be considered for support if the activity is equivalent to that of a State, National or International sporting representation. Applications involving complete teams can also be considered.

If you wish to apply, you need to write a letter to the P&C Committee detailing your situation. A more detailed policy is available at the Office.

Year 8 & 11 Bursaries for 2010

Bursaries are available for 2010 in the areas of Cultural, Academic, All Rounder and Sporting, for Year 8. Cultural, Academic and Sporting Bursaries are available for Year 11 students in 2010. Interested students in Year 7 and Year 10 should be working on their applications now.

All applications must include your full name; current school; home address and telephone number; names of parents/guardians; date of birth; the name of two referees (possibly class teacher and/or Principal).

Students should detail why they would like to attend North Rocky High as a secondary/senior student and what they would like to achieve while they are in secondary years.

Remember to clearly indicate which bursary is being applied for. Separate applications are required for different categories. Applications must be submitted to the Principal by Friday 9 October, 2009.

Term 4 "What's Happening in English"?

All assessment is due on the due date, unless students have applied for an extension. Please contact the English department with any concerns on 49247812 or 49247813.

Year 8: Poetry

Due Dates: Poetry (written) Exam Week 4
Poetry Anthology Week 8

Magazines

Due Dates: Interview (written) Week 3
Advertisement (Oral) Start presenting Week 6

Year 10: Australian Identity

Due Dates: Letter Supervised (written) Week 1
Report (Oral) Research the Australian Identity

Year 11: English: Analytical Exposition (written) Exam on a film script Week 2

Collage (Oral) Group Presentation
Block Exam

Year 11: English Communication: World of Work

Report (written) Week 6
Report Discussion (Oral) Start presenting Week 6

Year 12: English: Speech in Role (Oral) Week 4

Year 12: English Communication: Law/Crime Unit

Analysis of News Articles (written) Week 2
Multimedia Presentation: (Oral) Start Presenting Week 3

Happy and Safe holidays
Cheers
Tracie Sahlqvist
Head of English Department



Japanese News



Firstly, I would like to welcome Mrs Suzie MacCallum who will be taking Year 8A and Year 10 Japanese until the end of the year.

Term 3 has been very hectic in the Junior school, with subject selection occurring for Year 8, 9 and 10 students. It was great to be able to meet many parents during the subject selection evenings to discuss subject pathways. If any parent has any queries regarding their child's language studies, please feel free to contact me at school on 49 247 813.

A reminder to students and parents that learning a language takes determination, commitment and hard work. It is important that homework is done on a regular basis – whether it is issued by the teacher or by just spending 10 minutes each night revising work, every little bit helps!

Congratulations to Nickea Warrenner (Year 11) who made it into the final selection round of the Iwasaki Sangyou Scholarship Program earlier this term. Nickea's application, mostly written in Japanese, was very impressive.

I would like to wish the Year 12s all the best for their final exams. They have worked extremely hard and should be very proud of the results they have achieved.



Jilinda Rettke
Japanese Coordinator

NORTH ROCKHAMPTON HIGH SCHOOL

Presents

**ONE
NIGHT
ONLY**

**FRIDAY OCTOBER 16 7PM
PILBEAM THEATRE**

A Night of Spectacular Entertainment

SHOWCASING THE BEST OF 2009 IN

**DANCE
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Gen Y Presentation
By Michael McQueen

Ever wondered
why today's
young people
seem so weird,
disrespectful,
disloyal and
impatient?
This session is
for you!

Michael McQueen is a Sydney-based speaker, social researcher and best selling author. Graduating from the University of Wollongong in 2002, Michael is a previous winner of the NSW Young Business Person of the Year award.

Coming from a background in corporate sales and marketing, Michael is a leading authority on youth trends and strategies for bridging the generation gap.

Michael provides an insightful and humorous look at what drives and defines today's young people. Michael's presentation is suitable for parents, educators and businesses.

WHEN: Tuesday 13 October

WHERE: Rockhampton Leagues Club - Gardner
Room

TIMES: 5.30pm - Nibbles

6.15pm - Keynote Speaker

7.15pm - Question Time

LIMITED SEATING!

Register NOW to avoid disappointment:

RSVP to Sue Adams at Career Links CQ by September 18 to secure your seat.

4927 2399 / 0417 711 275



In January and February 2010, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331

or visit our website: www.studentexchange.org.au

DATE CLAIMERS

TERM 3

Fri Sept 18

*Last Day Term 3

TERM 4

Fri Oct 9

*Bursary Applications Due

Fri Oct 16

*NRHS "A Night of Spectacular

Entertainment" Showcase -

Pilbeam Theatre - 7.00pm

Mon Oct 19

*Student Free Day

Oct 21 - 23

*Year 11 Leadership Camp

Mon Oct 26

*P & C Meeting - 7.00pm

Wed Nov 4

*Sports Awards

Mon Nov 16

*Awards Night

Thur Nov 19

*Year 12 Graduation

*Year 12 Formal

Fri Nov 20

*Final Day Year 12

Nov 18 - 24

*Year 11 Exam Block

Fri Nov 27

*Final Day Year 10 & 11

Fri Dec 11

*Last Day Yr 8 & 9

ABSENCES

Parents/guardians can now inform the school of their child's absences by phoning the absence line on:

49247860

or

emailing the school

on

absences@nthrckshs.eq.edu.au.

COMMUNITY NOTICES

- ◆ **Rockpool Water Park** is now open for another season and is urgently seeking - Kiosk Staff, Pool Attendants and Lifeguards. They provide all the relevant training. Please call Karen on 4928 2261 or call in and see them for IMMEDIATE START. 30 positions available!!!
- ◆ **Scottvale Park Junior Squash** - Junior Beginner, Junior Development, Junior Fixtures are now available. Please call Sandra at Scottvale Park on 4928 1588 for further details.
- ◆ **Caged Bird Association Inc.** Invites those of all ages interested in meeting other BIRDLOVERS to contact 49 269 165 or 0437072182. All parrots, finches, canaries and budgies.
- ◆ **2010 Brisbane Tertiary Student Accommodation** - Raymont College - 07 33779903 or www.raymont.com.au