



No. 14
28 Aug 2012

P&C Meetings held the 4th
Monday of each month at
7.00pm in the main
Administration office.

Principal: Judi Newman

from the Principal

NORTH ROCKHAMPTON HIGH SCHOOL STUDENTS TO BE COMMENDED

I am very proud to recognise three Year Nine boys as being students of North Rockhampton High School. Sebastian Nona, Duran Warcon and Dion Fowler came to the aid of a member of our community recently and it was a joy to be contacted by family members of the people they assisted, who felt it was important that these students' efforts be recognised.

Sebastian and Duran came to the assistance of an elderly gentleman who had fallen over at his letterbox. Even though the gentleman was unable to get up, other people had walked passed him. The boys not only helped the gentleman back to his home but stayed with him until his family arrived.

Dion demonstrated outstanding moral principles when he found a man's wallet. He picked it up and then went to the trouble of finding the owner so that he could return it. These students showed a level of consideration and caring that is to be commended. Staff members have informed me at other times throughout the year of students who have found small amounts of money and have handed the notes to staff so the owners could be found. It would have been quite easy to just keep the money but they chose to do the right thing. These small acts of moral fibre shouldn't go unnoticed.

On another note, I would also like to offer my congratulations to everyone involved with the wonderful production of 'Beauty and the Beast'. I, along with every other member of the audience, enjoyed the Friday performance and know the other two performances would have been equally as entertaining. Yet another reason for all of North Rockhampton High School to hold its head high and feel proud!

Judi Newman
Principal



2013 Subject Selections

Phase 2 for 2013 Year 10 and Year 11 subject selections is now open. Students have been issued with the line structure for subject choices and instructions on how to enter their choices on-line. Selections must be entered and finalised by Friday, 21 September, 3.00pm. Students are encouraged to talk to their teachers, Heads of Departments, Deputy Principals and Guidance Officer for guidance in their selections. Parents are welcome to contact the school to discuss their child's options for 2013.

Beauty and the Beast - a spectacular success

Beauty and the Beast was a wonderful success, not only in terms of box office takings, but more importantly in regards to the real life learning that involvement in a musical offers our students and staff: teamwork; respect; responsibility; striving for excellence and learning. These are the values we uphold at North Rockhampton High and these are also an integral part of the musical production process.



Learning- Musical is about more than learning your lines, learning the songs, learning the score, learning your cues and learning the set changes. It's also about learning to get along with many different people of all ages, learning to cope with disappointments, learning to accept compliments, learning to balance your responsibilities, developing your confidence, finding courage and solving complex problems creatively – all important skills in life.



Teamwork- The cast worked together, battling through months of long hours of rehearsal, sickness and sometimes frustration but were united in a common goal to produce an excellent result. Our students were respectful and appreciative of the time their teachers were devoting to the musical and as staff we soon developed a strong respect for our dedicated and talented group of actors and musicians for the way most balanced the responsibilities of musical with their school, sport and work commitments. The backstage crew came together in the last few weeks of rehearsal and quickly formed a well organised, efficient team. Musical students and staff became a close-knit group and new friendships were made across all year levels, music students and adult volunteers integrated seamlessly to create our orchestra. During production week at the Pilbeam Theatre, we were very proud of the way our students worked professionally with the theatre technical staff.

Excellence- “Beauty and the Beast” was voted overwhelmingly by students as their choice for their 2012 musical, so there has always been a keen sense of ownership of this project by students and a strong focus. An excellent standard of performance was achieved.



Several people have since commented that they forgot they were watching a school production; such was the quality of the music, singing, acting, costumes and sets.

There are literally hundreds of people to thank for the success of Beauty and the Beast: the P&C for financial support, sponsors, parents, past students, teachers and students. I would like to make special mention of the production team led by director, Gailyn McCaul. Although on maternity leave, Gailyn amazingly balanced demands of production with a new born baby girl and her own performance in Yeppoon's Little Theatre. Thank you also to Leah Thinee (assistant director, choreographer and lighting designer), Carly King (musical director and voice coach), Deb Addison (voice and acting coach), Cheryl Robertson (costumes) Steve Niebling (stage manager), Deb White (organisation and support), Ross James (sets and props) and of course the Pilbeam Staff; Ashley, John, Holly, Mick and Fraser. It was a privilege to be part of such a wonderful team and "Beauty and the Beast" is certainly one of the highlights of my 25 years working at North Rocky High.

Helen Lomas Art HOD

Congratulations Everyone



2013 Year 8 Enrolments

North Rockhampton High School is currently conducting interviews for Year 8, 2013. Please contact the school on 4924 7888 between 8am and 4pm Monday to Friday to arrange an appointment.

Homework Centre
Tuesday and Thursday
3pm – 4pm
In the library

Supervised by qualified staff
Students must have returned a signed consent form to attend.

Building a Positive School Environment

Twelve of our wonderful Year 9 students have participated in a Uniting Care Community 2-day Peer Skills Workshop.

The workshop aimed to provide our students with the confidence and skills they need to respond in the best possible way when a friend turns to them with a concern and/or problem. Research at Kids Help Line suggests that while many young people share their problems with their parents, often they turn first to their peers and friends.

The workshop trained students in support skills, communication and problem-solving skills and provided them with information about local agencies. These students will be supported by **School Nurse Sally and Craig Davey**, and we look forward to their initiatives in building on our positive and supportive school environment.

Thank you to the School P&C for providing lunch on both days for the students.



Back row left to right: *Sashreeka Karthi, Brin Lorien, Marcelle Gollogly, Shari Gordon and Emily Roberts.*

Front row left to right: *Abby Biles, Tim Jaques, Alyssa Andrews, Taylia Smith and Marlyse O'Connor*



For employment/training opportunities, follow the link to the ETOB:
<https://www.learningplace.com.au/deliver/content.asp?pid=49951>

SJ2 Website:
<http://www.learningplace.com.au/sc/cq/s2j>

STRATEGIES TO PREVENT ADOLESCENT ALCOHOL-RELATED HARM

FREE Session with UQ psychologists doing research in this area

The University of Queensland's Centre for Youth Substance Abuse Research offers parents a **FREE** individualised session with a registered psychologist to discuss practical strategies to prevent adolescent alcohol-related harm, tailored to meet their family's needs. This session is valued at over \$200 (according to Australian Psychology Society's recommended rates), but is provided **FREE** as part of the Project SHIELD research program. This is a great opportunity for parents of 13-17-year-olds, as the session can occur over the phone or at home, at a time convenient for you. Research indicates that most teenagers will be exposed to risky situations involving alcohol consumption at some point, regardless of whether they choose to drink or not. Many parents feel that they have no control over whether their adolescent drinks, but recent research suggests that parents have more influence than they might expect. Project SHIELD is a prevention/early intervention strategy, so teenagers do not need to have experimented with alcohol for parents to benefit from the program.

Project SHIELD is funded by the National Health and Medical Research Council and has clearance from the UQ Research Ethics Committee.

If you would like more information, please contact Darna Smith

DATE CLAIMERS

Term 3

27 Aug – 31 Aug

Naidoc Week

27 Aug – 2 Sept

National Literacy and Numeracy Week

Tues 11 Sept

Year 8 Immunisations

Tues 4/Wed 5 Sept

QCS EXAMS

6 – 14 Sept

Year 12 Exam Block

LAST DAY OF TERM 3 - FRIDAY 21/09/12

Term 4

Mon 8 Oct

First day of Term 4

23 Oct – 25 Oct

Year 11 Leadership Camp

5 Nov – 9 Nov

Year 12 Exam Block

Mon 12 Nov

Awards Night

13 Nov – 19 Nov

Year 11 Exam Block

Thurs 15 Nov

Yr 12 Graduation Ceremony and Formal

Fri 16 Nov

Year 12 Last Day

21 Nov – 22 Nov

Year 11 QCS Practice

Thurs 29 Nov

Year 10 Dinner

Fri 30 Nov

Year 10 and Year 11 Last Day

Tues 4 Dec

Year 7 Transition Day

Thurs 13 Dec

Report Cards Posted Home (not Year 12's)

LAST DAY OF TERM 4 - FRIDAY 14/12/12

You may be eligible to receive \$500 to assist with your child's sports fees, lessons, uniforms and equipment!

- Would you like \$500 to spend on your child's sports costs?
- Do you have a Health Care or Pensioner Concession Card?
- Do you have some regular work?

If you answered yes to these three questions then you could be eligible for the Saver Plus program, which matches your savings, dollar for dollar up to \$500! The Smith Family is now offering the Saver Plus program in your area.

To find out more contact your local Saver Plus Coordinator on 4921 0273 or email emma.holt@thesmithfamily.com.au

The P&C Report

Be Involved

P&C meeting Monday night 27th Aug

*eftpos is coming to Tuckshop soon!

*Tuckshop has some delicious new frozen yoghurt- available in cones or cups

*Purchase a Slush Puppy for a chance to win a prize! 1st Prize **DRIFTING CASTER SCOOTER**. Other prizes include Turbo Cups and free Slushies.