



No. 02
19 Feb 2013

north rocky high news

"WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THIS LAND, THE DARUMBAL PEOPLE AND PAY OUR RESPECTS TO ELDERS, PAST, PRESENT AND FUTURE"

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 Village Fair March 9 2013

*GET READY TO HAVE SOME FUN!
Join us for stalls, food, rides, raffles, games and much, much, much more*

North Rockhampton High School will soon be hosting our first Village Fair for many years. Everyone is welcome on March 9, 12 noon to 3pm.

We would love the support of the North Rockhampton Community. We can all support this venture in our own ways and I invite you to

- ☺ Attend the Fair
- ☺ On Friday Feb 22 we will be having free dress day – encourage your children to bring a can of food for the Kitchen Hamper.
- ☺ Donate prizes for the multi draw raffles on the day. These can be left at the front Administration office.
- ☺ Fair space is available for hire for \$30 if you wish to run your own stall.

Hot chips, hamburgers, café food, soft drinks and coffee will be available for purchase on the day. Rides will be set up on the oval and a variety of stalls selling old books, icy cups, jewellery, clothes etc. The School bands will provide entertainment throughout the afternoon.

Judi Newman
Principal

Information Evening Parents of Students wishing to attend North Rockhampton High School Year 8, 2014

An information evening will held in the school's PAC in Simpson Street on **Wednesday 20 March**, 5pm – 7pm.

The School Principal, Deputies, Year Coordinators and Teachers will be available at this evening providing an opportunity for you to meet them and ask any questions you may have.

We look forward to seeing you there.

Year 6/7 Enrichment 2014 Afternoon Workshops

Information has been sent to the primary schools regarding the Enrichment Afternoon Workshops being held on Thursday 28 February.

This afternoon highlights the subjects available at North Rockhampton High School and is a fun way for young students to experience these subjects.

Ask your Principal for more information



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>

SAVER PLUS PROGRAM

Would \$500 assist you with education costs?

You could receive up to **\$500** to help pay for educational costs including:

- school uniforms
- text books
- excursions
- laptops
- sports equipment, uniforms and lessons
- music tuition and instrument hire
- TAFE, traineeship and apprenticeship costs!

The Smith Family delivers Saver Plus in your local area and is looking for new participants.

To be eligible you must:

- have a Centrelink Health Care or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work (you or your partner), and
- have a child at school, or study yourself.

To find out more contact Diana Friederichs, Saver Plus Worker at The Smith Family
4921 0273 / 0408 490 984 or
diana.friederichs@thesmithfamily.com.au



Students – did you know that you can study at TAFE while you are still at school? Visit the CQ TAFE website www.cq.tafe.qld.gov.au or phone 1300 CQ TAFE (1300 278 233) to see what programs are on offer for secondary students or contact your VET Coordinator.

Want to upgrade your current skills, learn new skills, or do a short course? – visit the website or phone our 1300 number for further information on programs and the variety of study mode options.

Visit us on www.cq.tafe.qld.gov.au or phone 1300 CQ TAFE (1300 278 233) for further information.

HOMECOMING CENTRE

EVERYONE WELCOME!!
 In the library
Tuesday & Thursday
3pm–4pm
 Supervised by qualified staff
 Students must have a signed consent form to attend
 Consent forms available in the library

Enquiries:
Phone 49247829
Lisa Preece



Have you got 1 hour free per week?
Would you like to help a student improve their reading?

You can become a reading mentor at NRSHS

To find out more, phone the school on 49247888 and ask for Lisa Preece

Training will be provided free of charge and blue cards can be arranged.

COMMUNITY ANNOUNCEMENTS

Carers Qld is holding a Night Group for Parents – Do you look after a child/teenager who has a physical or intellectual disability, learning impairment, autism, ADHD or other syndrome? In a world of high stress and turmoil, how is your health and wellbeing? Come along and learn new skills (self-advocacy, yoga, relaxation etc), meet new people in a safe place where you can share stories with others who are in similar situations. First group is on Tuesday night 19th February at Rockhampton Bowls Club, Quay Street from 7.00pm – 9.00pm. \$5 p/p includes a BBQ Dinner & Bowls.

For more information or to RSVP, Call Nicole or Natalie on 4921 4486.



Soccer sign-on Nerimbera Football Club Inc
 WE WELCOME ALL ABILITIES AND AGES, 3YRS-SENIORS PLAYERS
 FOR MORE INFORMATION: nerimbera@gmail.com or Angela 0408738476



The P&C Report

Be Involved

The P&C AGM will be held in the School Administration Block Conference room on Monday 25 Feb 6.30pm, everyone welcome to attend.

New uniforms are available for purchase from the Uniform Shop under N Block each morning 8am to 10am. Cash, cheque or EFTPOS facilities are available for your convenience.

The latest Tuckshop menu is available from on our NRHS website under Facilities.
<https://nthrckshs.eq.edu.au>

Science Department News

Welcome back to everyone and a special welcome to all our Yr 8 Science students.

I would like to take this opportunity to introduce myself. My name is Vicky Nielsen and I'm the Acting Head of the Science Department.

In 2013 we are implementing the second year of the Australian Curriculum in grades 8-10. Students will have up to 3 assessment items within each 5 week unit of work. We have several new staff in the Science department and look forward to a productive year.

Please ensure your son or daughter has writing materials (pen, pencil and eraser) and a notebook for Science. In addition each student in Yrs 8-10 requires a practical book produced by Bindaree Publishing. The book is called "Science Student's Practical Exercise Book". This book is available for purchase from Capricorn Educational Resource but must be ordered first. Alternatively the school can place a bulk order and students can purchase from the school. We will be asking students to indicate whether they wish to order the book through the school.

Other optional student workbooks can also be purchased from Capricornia Educational Resource Centre if desired.

I'm looking forward to working with you in 2013.

Vicky Nielsen
A/HOD Science Dept



DATE CLAIMERS

TERM 1 2013

Mon 25 Feb	NRHS Interhouse Swimming Carnival Tuckshop Red Food Day
Thurs 28 Feb	Enrichment Afternoon Yr 8, 2014
Wed 13 March	QCS Practice
Thurs 14 March	Immunisations - Yr 8 Boys & Girls, Yr 10 Boys
Wed 20 March	2014 Yr 8 Information Evening
Mon 25 March	School Photos (catch-up day) PAC
Wed 27 March	Mid Semester Reports Issued to students
Thurs 28 March	School Cross Country – Kemp Beach Tuckshop Red Food Day LAST DAY OF TERM 1

School Based Youth Health Nurse

Hi! My name is Sally and I am the school health nurse. I am at the school on Mondays and Tuesdays and can be contacted at the school on – 4924 7826. My primary role is to address concerns or problems about health and wellbeing, contribute to a supportive healthy school environment, and connect people to other support services outside of the school when needed.

The School Based Youth Health Nurse Program places registered nurses, employed by Queensland Health, in state high school settings to work with students, their families and school staff for healthier school communities. The nurse can act as a support person at times when a young person has difficult issues to discuss with their family, and will assist the young person with seeking appropriate help from family or other supports, such as Guidance Officers, Doctors, Youth Workers, Chaplaincy or specialist counselling. Common issues that young people access the service for are health concerns, personal and family problems, smoking, alcohol or drug use, sexual health, healthy skin, feeling unhappy or stressed, puberty, healthy eating, exercise and weight information, getting in touch with the right service and anything that impacts on their feeling of health and wellbeing.

The service is generally kept confidential, except in cases where the young person is at risk of being hurt, self-harm or hurting someone else. I am also available to support teachers in classroom activities with a health focus, and become involved in school activities where there is a link with student health and wellbeing.

If there are any health issues with your youth that you may be concerned about or would like to talk to someone, please contact me here at the school on Mondays or Tuesdays.

I look forward to meeting and working with the students, staff and school community throughout the year.

Sally Minto
School Based Youth Health Nurse



CHILD AND ADOLESCENT ORAL HEALTH SERVICES



Free child and adolescent oral health services will be available to all students at North Rockhampton High School this term.

A consent form for a dental examination and information sheets on Dental Check-up & Dental X-rays will be sent home shortly with your child. If you do not receive these forms and you would like them, contact the school. Please complete this form and return them to North Rockhampton High School by: **Friday 1st March 2013.**

To ensure that Oral Health can provide optimum service it is requested that all issued appointments are kept. Please note that if your child fails to attend two appointments, their course of dental care will be closed and they will not be offered further treatment until the service is next offered at NRHS.

NB. If your child has a Teen Dental Voucher, please return it with their consent form. Please write your child's name, Medicare number & Medicare reference number on the top of the Teen Dental Voucher & staple it to the consent form when returning.

Child and Adolescent Oral Health staff can be contacted on: 0409 574 276

MATH MOMENTS

It has been full steam ahead in the Mathematics Faculty – with preparations underway for numerous events this year.

We commenced the year with all Yr 8, 9 and 10 students undertaking a Numeracy Diagnostic Pre-test. This was to determine the students numeracy level at the start of the year. Students will be re-tested mid-year and again at the end of the year to check on distance travelled throughout their junior schooling years in terms of the Numeracy skills outlined by the Australian Curriculum.

The start of the year is also a good time to remind students about equipment that is required each lesson for the study of Mathematics: scientific calculator, pens/pencils, ruler, notebook, graph paper, and for Yr 9 & 10 Extension classes and Maths B & C students – a graphics calculator. If you are purchasing a graphics calculator, the school does organise – via ABACUS – an order form for payment and delivery of these. Order forms are available from your child's Mathematics teacher – and are placed at the start of terms 1, 2 & 3.

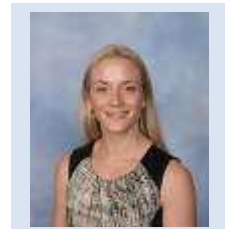
There are also a number of tutorials that are available for students to get help with class work, homework or guidance on assignments. Days, times and locations are listed below:

JUNIORS (8, 9 & 10)

Tuesday 3:00pm – 4:00pm	Library - Homework Centre
Wednesday second lunch	F13 Mrs Graham
Thursday 3:00pm – 4:00pm	Library – Homework Centre

SENIORS (11 & 12)

Monday 8:15am – 9:00am	B04 Mrs Littleton
Tuesday 8:15am – 9:00am	H06 Mr Minchenton
Wednesday second lunch	F13 Mrs Graham
Friday 8:15am – 9:00am	B04 Mrs Littleton



Nadine Houseman
HOD Mathematics Dept

Mathematics competitions that students will have the opportunity to participate in this year are: *Australian Mathematics Competition*, *UNSW Mathematics Competition* and the *Maths Teams Challenge*. All these competitions are scheduled to occur in August. Consent forms will go out as we get closer to the competition dates.

Yr 11 Maths B, Physics and Biology students will be going on their annual Excursion in mid-August to the Gold Coast. Students are visiting Dreamworld, White Water World and the Currumbin Wildlife Sanctuary for their assessment. Dates and Consent forms will be sent out early in Term Two.

Finally, we have our exciting NRSHS Village Fair coming up on 9 March. The Mathematics Faculty are organising a cake stall and are calling out for help through donations of ingredients as well as volunteer cooks. If you are able to donate any ingredients for baking purposes, these can be dropped into the front office/students services at any time prior to 1st March. All baked products will need to have the name of the item, a list of ingredients attached to the packet, sealed (airtight) and will need to be delivered to the school no later than the morning of the Village Fair. If you are able to cook baked items for our cake stall, please contact Mrs Nadene Housman on 49247821.

Welcome all Year 8 Students 2013

