Young Hawks Program Begins to Soar

North Rocky High’s Junior Secondary team met for the first time this week to put in place plans for the start of the new Junior Secondary model in 2014. The ‘Getting Ready for Junior Secondary School’ initiative will be implemented at North Rocky High in 2014. Plans include a distinct junior precinct especially catering for Year 8 and 9 students, with core subject classes and lunchtime activities being held in the precinct.

A core team of over twenty teachers and two deputy principals dedicated to the wellbeing and academic success of junior students, met as a whole for the first time this week to discuss plans for Junior Secondary. A new initiative entitled the “Young Hawks Program” has been created by North Rocky High teacher and Year 8 Coordinator 2014, Lisa Donohue. The extensive program was met with enthusiasm from the team as a way for staff and students to build wellbeing, meaning and connectedness in the school through the explicit teaching of wellbeing issues and utilising the characteristics of the school’s Hawk symbol: Awareness, Perspective, Insight, Truth, Visionary, Power, Guardianship, Strength, Initiative, Decisiveness, Creativity, Messenger, Caution, Manoeuvring, Leadership and Spirit.

“It’s imperative that we focus on student wellbeing first and foremost, in order to achieve the best potential academic outcomes for each student,” Mrs O’Sullivan stated.

Harmony and Diversity
Active and Informed Citizens
Wellbeing for All
Knowledgeable and Creative Individuals
Successful Learners

It is the ability to soar high above to catch a glimpse of the bigger picture that allows the Hawk to survive and flourish.

(Hawk Spirit Meaning, Symbols and Totem, 2013)

PLEASE NOTE THE CHANGE TO P&C MEETING TIME EACH MONTH. MEETINGS WILL NOW BE HELD AT 5PM, NOT 7PM

North Rockhampton High School
Village Fair
10am to 2pm
September 14, 2013
GET READY TO HAVE SOME FUN
Join us for stalls, food, rides, games and much, much more.
Year 10 Hospitality students have been busy this term learning the fundamentals of operating a café. All have been involved in learning to create great tasting and great looking coffee as well as delicious café food. Students have worked tirelessly to ensure that they are fully trained in operating the commercial equipment found in the Hospitality Trade Training Centre and understand that workplace health and safety procedures need to be followed when in this environment. Hospitality students have learnt to work together as a team and communicate with one another as well as the school community when the café is in operation. Service is always with a smile and we do our best to make sure our customers are always happy. I encourage our team to keep up the great work and professional service!

Yours in Hospitality
Mrs Gaye Sands
Hospitality Teacher
Hospitality TTCentre Manager

Year 10 Students Niseika Brookfield (far left), Marlyse O’Connor (middle) and Talia Colman (far right) work hard to make their café a success.

Only 6 weeks until departure and the excitement is building week by week!

Everything is falling into place with airline tickets and accommodation being booked and passports acquired. We will be travelling in style with travel and comfort packs arranged for our international flights.

Students have singlehandedly been responsible for the sizable increase in the consumption of chocolate frogs in private local businesses, offices and homes. I am happy to report that, aside from profit made by individual students for sales outside of school, a ‘Group Profit’ of $1213.05 has been made from chocolate sales in staffrooms. A supreme effort from staff – supporting us in this very dedicated way! Thank you to all the parents and students who raised funds for our trip with this chocolate drive. Students who raised money will receive comparative amounts off of the cost of their excursion shirts (in some cases the whole amount!). All excursion students must visit the school cashier’s window to pay the balance owing for their shirts (or collect their receipt, if they have nothing to pay). All shirts must be paid for asap ($54.95 full cost). A ‘mock-up’ of the shirts will be displayed in the next newsletter so everyone can see what a stunning design they are.

The next and final parent/carer meeting will be held on Thursday 5 September from 6.00pm – 7.00pm. At this meeting, airline tickets, baggage tags, final itineraries, maps, brochures etc will be handed out. Excursion shirts will also be distributed if they have arrived by then. Final arrangements will be discussed at the meeting including such things as meeting time at the Rockhampton airport on the day of departure, care of passports during travel, care of personal possessions, etc, so please make sure you are able to attend.

An excursion booklet is being printed now and will be handed to students within the next fortnight which contains much useful information with regard to travel preparations.

Students are concentrating on learning some useful Japanese phrases as well as deciding how to best spend our free time in Tokyo, Kyoto and Hiroshima.

The excitement is building....

Kind regards, Chrissy Dunphy – LOTE Teacher/Trip Coordinator Extraordinaire.
### Flashing lights now active at North Rockhampton High School.

On 5 August flashing light school zone signs were installed on Berserker Street. North Rockhampton High School was nominated to receive these new signs as part of a $10 million Queensland Government commitment to improve school road safety. You will notice that the new signs look similar to standard school zone signs with the important addition of a red flashing ring around the speed limit as well as two flashing yellow lights at the top of the sign. The installation of flashing light school zone signs is proven to improve visibility of school zones, serving as an active reminder for motorists to slow down.

So next time you’re dropping off or picking up your child keep an eye out for the new signs and make sure you stick to the signed speed limit.

### DATE CLAIMERS

#### TERM 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 – 16 Aug</td>
<td>Yr10 Work Experience placements</td>
</tr>
<tr>
<td>Tues 13 Aug</td>
<td>ICAS Maths Competition</td>
</tr>
<tr>
<td>Wed 14 Aug</td>
<td>FOGS Career Expo</td>
</tr>
<tr>
<td>Wed 14 Aug</td>
<td>Instrumental Music Festival – Workshop. (Primary Schools)</td>
</tr>
<tr>
<td>Thurs 15 Aug</td>
<td>Instrumental Music Festival – Rehearsal and Concert</td>
</tr>
<tr>
<td>Thurs 15 Aug</td>
<td>AIIME Program at CQU</td>
</tr>
<tr>
<td>15 – 18 Aug</td>
<td>Maths B Gold Coast Trip</td>
</tr>
<tr>
<td>Tues 20 Aug</td>
<td>Yr12 Movie Afternoon 3–4.30pm</td>
</tr>
<tr>
<td>Thus 22 Aug</td>
<td>Shakespeare Evening TTCentre</td>
</tr>
<tr>
<td>23 – 24 Aug</td>
<td>Rec Studies Carnarvon Gorge Trip</td>
</tr>
<tr>
<td>Mon 26 Aug</td>
<td>P&amp;C Meeting Admin Office 5pm</td>
</tr>
<tr>
<td>29 – 30 Aug</td>
<td>ATAP Challenge CQU</td>
</tr>
<tr>
<td>3 – 4 Sept</td>
<td>QCS Testing</td>
</tr>
<tr>
<td>9 – 13 Sept</td>
<td>Yr12 Exam Block</td>
</tr>
</tbody>
</table>

### Be cyber (smart : ) when you socialise on the Internet!

Social networking describes a variety of online services like Facebook, YouTube, MySpace, Twitter and online games. Social networking sites are a great way for people to stay in touch with friends and family. It is easier to say and do things online that you might not do in “real life”. Therefore, it’s important for individuals to stop and think about how their behaviour will affect others, as well as themselves.

There are other risks. Cyberbullying, people making inappropriate contact, identify theft, scams and possible exposure to adult content can make places like social networking sites risky.

#### TIPS

- **Think before you post.** Content posted online can be there forever. You can put it up, but you can’t necessarily take it down.
- **Make sure** you don’t put any key personal information on your profile. This includes your phone number, personal email address, home address or the name of your school. Be careful, when you post photos, that they don’t include any of this information either.
- **Check** with your parents if you do decide to give out personal information or put it in your profile.
- **Use privacy settings.** Learn how to make your profile private, so only people you accept as friends can see what you’re posting.
- **It’s still public.** Even if your profile is private you can’t control what your friends do with the information you post. It’s important to guard your privacy – don’t post information or photos that you wouldn’t want everyone to see.
- **Remember,** not everyone is who they claim to be. Although it’s great to have online friends, including them on your “friends” list allows people you don’t know to learn all about you. This information could be used for a scam, to steal your identity, or worse.
- **Keep your online friends online.** If you do want to meet someone that you haven’t met so far in person, ask a parent or another trusted adult to go with you and always meet in a public place, preferably during the day.
- **Say no!** Free offers are usually too good to be true and can end up costing you a great deal.
- **Be considerate.** Only post comments you would be happy to receive yourself. Don’t post photos of other people without their permission.
- **Don’t respond** if someone sends you unkind or bullying messages or asks you to do something that makes you feel uncomfortable.

For further information, visit the ACMA website, [www.cybersmart.gov.au](http://www.cybersmart.gov.au).
Applications are invited for the position of Casual Tuckshop Assistant (Minimum of 12 Hours per week). This position is casual and will be paid at award-level. Full training and a trial period will be offered. Please contact NRSHS Tuckshop for further details.

Visit our North Rockhampton High School Website to view the wonderful selection of food and beverages now available from our tuckshop. Don’t forget to keep an eye out for our daily specials on the board.  

http://www.authenticshotokan.com

For employment/training opportunities, follow the link to the .ETOB:  

SJ2 Website:  

For more information and updates, visit our website:  
https://nthrckshs.eq.edu.au