29 April 2015

Principal’s Message

Welcome back to Term 2 to all students, parents and staff. In particular, welcome to any new families joining North Rocky High for the first time. We look forward to meeting with you during the many events scheduled for this term.

One of the most important events this term is the Parent Teacher Meeting which will take place on Wednesday 29 April from 3:10pm in the Hall. All parents/carers should have received their child’s report card at the end of Term 1. The Parent-Teacher Meeting is time to discuss your child’s progress and also an opportunity to meet with and speak to the teachers of the various subjects. Please make the most of this opportunity to support your child’s learning.

This week I have received some wonderful news for our school. We have been lucky to receive a CommBank Cyclone Recovery Grant of $10,000. This will be a great support for the school and we will use the money to replace shade sails, provide additional seating for students under cover and also to purchase trees to plant that will grow to provide shade in the future. The loss of so many trees within the school grounds during the cyclone will take a while to replace but this grant will set us on the path to recovery. Thank you very much to the Commonwealth Bank for their support of the school.

JANET YOUNG
PRINCIPAL

NAPLAN 2015

On May 12 through to May 14 2015, students in Years 7 and 9 across Australia complete NAPLAN testing. The dates for NAPLAN exams this year are listed below.

<table>
<thead>
<tr>
<th>Date</th>
<th>Test/s</th>
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<tbody>
<tr>
<td>Tuesday 12 May</td>
<td>Language conventions and Writing</td>
</tr>
<tr>
<td>Wednesday 13 May</td>
<td>Reading</td>
</tr>
<tr>
<td>Thursday 14 May</td>
<td>Numeracy</td>
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<tr>
<td>Friday 15 May</td>
<td>Catch-up tests for students absent on 12, 13, or 14 May</td>
</tr>
</tbody>
</table>

Teachers have been working with students to prepare them for NAPLAN test conditions and are exposing them to NAPLAN based activities.

To assist your child in achieving the best outcome in their NAPLAN tests, your support would be appreciated.

By using the following link: [https://www.qcaa.qld.edu.au/8017.html](https://www.qcaa.qld.edu.au/8017.html) practice NAPLAN questions can be accessed so that students and parents can familiarise themselves with NAPLAN content and testing.

Withdrawning students from NAPLAN

Students may be withdrawn from the NAPLAN testing program by their parent/carer. This is a matter for consideration by individual parents/carers in consultation with their child’s school. Withdrawals are intended to address issues such as religious beliefs and philosophical objections to testing.

A formal notification of intent to withdraw (in the manner specified by the TAA) must be received by the principal by the 9 May, 2015.

If you wish to discuss this further, please contact Kylie Butler on 49247888.

KYLIE BUTLER
ACTING DEPUTY PRINCIPAL
Congratulations to Sarah Brown and Hollie Fouche who have both been awarded Iwasaki Foundation bursaries for 2015. Sarah and Hollie completed their Senior studies at North Rockhampton High School. Both Sarah and Hollie are undertaking combined degrees at CQUniversity in Rockhampton. Sarah, who finished Year 12 in 2013, will transition into the second year of a combined Bachelor of Arts/Bachelor of Business/Bachelor of Education course in 2015 and Hollie will commence her CQUniversity studies in 2015 with combined Bachelor of Arts/Bachelor of Business degrees.

The Iwasaki Foundation was set up in the 1970s by the founders of the Iwasaki Resort near Yeppoon, Yohachiro and Yoshie Iwasaki, to assist people from needy and disabled backgrounds living in Central Queensland. The tertiary education bursaries were introduced by the current Iwasaki Foundation Directors in 2011.

Sarah and Hollie’s bursaries bring the total number of bursaries awarded to North Rockhampton High students since the inception of the scheme in 2011 to 10. These bursaries are worth $10,000 per year for the duration of their undergraduate studies.

It is also pleasing that 3 former North Rockhampton High School Iwasaki Foundation bursary holders have now graduated from CQUniversity: Nyree Humphris who is now beginning a Master of Sonography at CQUniversity; Rebecca Armitage, who has joined a local accountancy firm and; Tim McMahon, who is working part-time as an environmental scientist and is contemplating undertaking a Masters degree in that field.

Special recognition should also go to former North Rockhampton High School Principal Judi Newman and Senior Maths/Science HOD Nadine Housman, for their efforts in assisting me finding suitable candidates for the bursaries.

Ross Quinn
Adjunct Professor CQUniversity Australia (and NRS HS School Council Chair)

We are all very excited to congratulate Miss Thompson on her recent marriage to her North Rocky High sweetheart, Clint Vesey. She will now be Mrs Vesey.

Year 12 News
In Accounting, students have been learning how to create personal wealth using other people’s money. They have explored a variety of investment options to devise the best investment strategy for their client.

In BCT, students have been studying International Business they have had to choose a country and then offer advice which may assist a business in that country in negotiating a successful business arrangement in an international country.

In Legal Studies, students have begun their individual multimodal presentations on topics relating to family and the law.

In Cert II in Business, all students are working towards the completion of their competencies in order to achieve their Certificate. They have just finished designing and producing spreadsheets using MS Excel. Students are now learning how to communicate effectively in the workplace.

Junior Business News
Our Year 7 students have settled in well and have enjoyed learning how to be a successful entrepreneur. Year 8 students have had lots of fun as they have been studying the exciting area of Marketing, where they have discovered many techniques used by businesses to entice consumers to buy products.

Junior Japanese News
We are proud to welcome Mrs Petrina Numadate as our specialist Japanese teacher this year. She has lived in Japan for a number of years and brings a wealth of knowledge to North Rockhampton High School with regards to cultural practices and language skills.

Competitions
Hopefully we will still have the CQU Business Challenge running this year as North Rocky has been very successful in this event in the past. Most memorable was the tiebreaker that occurred two years in a row between the North Rockhampton State High School and The Rockhampton Grammar School. It was so amazing to see these teams locked together after 80 questions. North Rocky won the first tiebreaker with the Who Am I being Kevin Rudd and Rockhampton Grammar won the second tiebreaker with the Who Am I being Bill Gates. North Rocky knew it was Bill Gates but wanted to be sure – really frustrating for North Rocky supporters when they didn’t give their answer quick enough.

We look forward to meeting all new parents and catching up with our existing parents throughout the year.
SPECIAL EDUCATION PROGRAM

We would like to welcome our new staff member for this term, Kerry Ellis. Kerry will be teaching English, Mathematics, Science and an Alternative Program within the Junior School.

All of our students from year 7 to 12 will have received a homework booklet which they are to complete on a weekly basis. This homework booklet consists of Literacy and Numeracy tasks and it is an expectation that they are handed in each week for marking by their Home Group Teachers. If students experience any difficulties with these tasks they are encouraged to speak to their Home Group Teacher for assistance.

On May 12 through to May 14, students in Years 7 and 9 across Australia will be completing NAPLAN testing. Students may be exempted from the NAPLAN testing program by their parent/carer. This is a matter for consideration by individual parents/carers in consultation with the school. Exemptions are intended to address issues such as English language proficiency and Disability (significant intellectual disability or significant co-existing conditions) to testing. In order for your son/daughter to be exempt, a formal notification of intent to exempt must be received by the principal by the 9 May, 2015. If you wish to discuss this further, please contact Katrina Hawley on 49 247 823.

In our Functional English class, the senior students are currently studying Letters to the Editor. The students are learning to express their opinions on issues such as ‘The Legal Age of Drinking’, and ‘Buying Alcohol and Cigarettes’ and ‘Whether or Not Doing Homework is Beneficial’. We look forward to reading their finished Letters to the Editor.

KATRINA HAWLEY
HOSES

SENIOR SCHOOL NEWS

Year 11 News

Welcome back to Term 2, I hope everyone had a well-deserved holiday. At school we are back into learning. Remember assessment isn’t only due at the end of the term - there are some classes with assessment due this week!

It was good to see a few Year 11 students at the ANZAC march and I look forward to having many more present next year.

There is a group of Year 11 students who are participating in this year’s Relay for Life, (I too will be participating). We are less than 3 weeks out from the Relay and are looking for as many people to sponsor us as possible. If you are willing to help our team, please leave your donation here:

(If you are looking for our team, it is ‘11 NRSHS’. Again, if you have any issues, please email me at daddi4@eq.edu.au or call me 4924 7834.

DEB ADDISON
YEAR 11 COORDINATOR

POSITION VACANT-CLEANER

Applications are invited for a 4hr per week permanent cleaning position. Application packages can be collected from the front office between 8.00am – 4.00pm. Applications will close on Wednesday 13 May at 4.00pm. Please address applications to the Business Services Manager.

DATE CLAIMERS

<table>
<thead>
<tr>
<th>TERM 2</th>
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<tbody>
<tr>
<td>Wed 29 Apr</td>
<td>Parent/Teacher Interviews</td>
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<tr>
<td>Tue 12 May – Fri 14 May</td>
<td>NAPLAN Testing</td>
</tr>
<tr>
<td>Mon 25 May</td>
<td>P&amp;C Meeting – 5pm Admin Building</td>
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<tr>
<td>Mon 8 June</td>
<td>Queen’s Birthday Holiday</td>
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<tr>
<td>Thurs 11 June</td>
<td>Show Holiday</td>
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<tr>
<td>Mon 15 June – Fri 19 June</td>
<td>Year 11/12 Exam Block</td>
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<tr>
<td>Mon 22 June</td>
<td>P&amp;C Meeting – 5pm Admin Building</td>
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<tr>
<td>Tues 23 – Wed 24 June</td>
<td>Year 12 QCS Practice Test</td>
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<tr>
<td>Thurs 25 – Fri 26 June</td>
<td>Athletics Carnival</td>
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<tr>
<td>Fri 26 June</td>
<td>Last day of Term 2</td>
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P&C MEETINGS

5pm Administration Building

Mon 25 May
Mon 22 June
Mon 27 July
Mon 24 Aug
Mon 26 Oct
Mon 23 Nov

We are pleased to share that we had a number of new members at our March meeting, but we are always keen for more input and everyone is welcome. Our meetings are no longer than 2 hours in duration. We successfully filled our 2015 executive positions at our Annual General Meeting, and we congratulate the following office bearers for 2015:

- President: Sue Levitt
- Vice President: Rebecca Hack
- Secretary: Leisa Neaton (willing to continue unless somebody else wants this job)
- Treasurer: Sharon Nunn

The General Meeting agenda consists of:

1. Minutes from Previous Meeting
Parents/Guardians are encouraged to attend the Parents and Citizens meetings held the fourth Monday of each month. A lot can be achieved through the P&C and school working together towards common goals. To do this we need people from all walks of life who are committed to delivering great outcomes for your children and our school.

The P&C and school partnership is built on trust, respect and shared values. It thrives on open and honest communication relishing the challenges of educating your children in the 21st Century.

Everybody has a role to play and your ideas will be heard. The more people involved in our P&C, the more exciting and successful it will be.

Great results can be achieved for our children and our school—when we work together.

Joining the P&C is as easy as coming along to the next P&C meeting or by contacting the school.

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**IMMUNISATION CLINICS FOR 2015**

<table>
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<tr>
<th>ROUND</th>
<th>Date</th>
<th>Year</th>
<th>Vaccinations</th>
</tr>
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</table>
| 2     | 19/5/15 | Year 8 | -HPV (2nd dose)  
-Chickenpox  
Plus any students requiring HPV catch-up vaccinations |
| 3     | 13/10/15 | Year 8 | -HPV (3rd dose)  
Plus any students requiring catch-up vaccinations |
|       |       | Year 10 | Any students requiring catch-up vaccinations |

For further information please contact Ozcare on 4937 4200.

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**SENIOR STUDENTS**

A message for all senior secondary students...

*Quality Sleep is an Important Factor for Effective Study* - by Karen Boyes

Getting a good night’s sleep is essential for brain health and especially important when learning and studying. Research into sleep shows the most important function of sleep is to allow your brain to consolidate the new things that have been learned that day. Research now shows new neurons are laid down and consolidated in the memory system during sleep.

Teenagers usually need more sleep than adults in their brains and bodies are going through significant growth and change. It’s recommended that teenagers get around 9 to 10 hours of sleep to be their best. Lack of sleep affects brain function including mood, concentration, memory and problem solving ability.

To get a good night’s sleep here are four tips:

1. Make your bedroom a sanctuary for sleeping.  
   • It should be cool, quiet, dark and comfortable.  
   • The best option is to turn off all electric lights and use dimmer switches.  
   • Place heavy curtains to minimize noise.

2. Avoid TV or screens before bed.  
   • If you must have a screen on, set up a ‘bedtime’ channel that is soothing or of a nature that helps you relax.

3. Be mindful about what you eat or drink before bed.  
   • Avoid caffeine, sugary foods and excessive fluid intake.  
   • Avoid foods that cause indigestion and sleeplessness such as chocolate, nuts and spicy foods.

4. Start a bedtime routine.  
   • Turn off all TV, computers and electronic devices at least 30 minutes before you go to bed.

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**COMMUNITY NOTICES**

**D2A TUTORING**

D2A Tutoring is now taking new students. Prep to Year 12. Individual, affordable, fun, one-to-one tuition available. Celebrating 10 years of providing exceptional educational services in CQ. Morning, daytime, afternoon, evening and Saturday sessions available. Curriculum based literacy, numeracy, reading, Maths A, English, HSS/SOSE. Phone Jody Davis to arrange your lessons today. 0400 378 843 or 07 4921 0663.

**REDUCE STRESS. IMPROVE FOCUS. EXPAND POTENTIAL. WIN PRIZES!**

BITE BACK is all about amplifying the good stuff in life. They’ve just launched their 6 Week Challenge to BITE BACK which helps you discover what you’re really passionate about and then provides the tools to make the most out of that passion. Signup to get one email each week to further expand what’s possible.

To sweeten the deal they’ve got 5 prize packs up for grabs for people who complete the challenge including instant cameras, speakers, tablets, vouchers, and heaps more.

See www.biteback.org.au/competition to signup for the challenge!
Kids don’t have to put up with OCD!

A free OCD treatment program is available for 12-17 year olds for a short time only

Does your son or daughter:
- seem particularly fussy about keeping their hands clean?
- find themselves checking, touching or counting things even though they know they don’t really have to?
- have trouble finishing school work or chores because they have to do something over and over again?
- worry a lot if something isn’t done exactly the way they like?

Does your son or daughter have difficulty stopping these habits, and do they seem to interfere with their lives?

These symptoms may be signs of Obsessive-Compulsive Disorder (OCD)

The University of Queensland is offering a FREE OCD TREATMENT PROGRAM for teenagers aged 12-17 for a short time only.

The 12 week internet-based program is supported by a clinical psychologist who is a specialist in treating teen OCD. Parents can also access an online program and specialist support.

Please contact Dr Cynthia Turner at Cynthia.turner@uq.edu.au to discuss your child’s suitability for this free program or find out more about the program at:

http://www.esp.qut.edu.au/odc

(With the approval of the Behavioural and Social Sciences Ethical Review Committee, University of Queensland)

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Community Conversations

Council is holding Community Conversations throughout May and we want to talk to you!

Take this opportunity to discuss:
- Work Council has completed in your area recently
- Major projects Council is currently working on
- Update on the priorities listed by your community

Berserker and Surrounding Area

Date: 23 May 2015
Time: 6.30pm - 8pm (BBQ starts at 6pm)
Venue: Bauhinia House (Corner of Berserker Street and High Street) No RSVP necessary

For more details call Community Engagement Officer Wade Clark on 4936 8577.

If you cannot attend a meeting please note that all information will be provided online at www.rnc.qld.gov.au - Our Region - Community Engagement Regional Voice, or by calling 4932 8000 or visiting a Customer Service Centre in Rockhampton, Gracemere or Mt Morgan.

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Community Conversations

Council is holding Community Conversations throughout April and we want to talk to you!

Take this opportunity to discuss:
- Work Council has completed in your area recently
- Major projects Council is currently working on
- Update on the priorities listed by your community

Frenchville and Surrounding Area

Date: 29 April 2015
Time: 6.30pm - 8.00pm (BBQ starts at 6pm)
Venue: Frenchville State School, 225-237 Frenchville Road, No RSVP necessary.

For more details call Community Engagement Officer Wade Clark on 4936 8577.

If you cannot attend a meeting please note that all information will be provided online at www.rnc.qld.gov.au - Our Region - Community Engagement Regional Voice, or by calling 4932 8000 or visiting a Customer Service Centre in Rockhampton, Gracemere or Mt Morgan.

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School to Jobs Alliance CQ

Every school leaver will transition into training further education or employment

For updated Employment and Training Bulletins (ETC)

Website: http://schooltojobs.qld.gov.au
Facebook: School to Jobs Alliance CQ

521 Cooper St, Rockhampton 4701
Phone: 1300 638 652
Email: schooltojobs.qld.gov.au