



5 August 2015

## Principal's Message

At this time of the year many students are heavily involved in their academic studies. Term 3 is always busy with students well settled into the classroom routines and the learning for the year. Assessment items such as exams and assignments are scheduled for all subjects and it is easy for individuals to become overwhelmed by the many things that need their attention.

Developing skills to manage these feelings is a part of the learning that occurs as we prepare students for the world of work and further training or study after school. Ours is a world of competing priorities and young people need practice in managing them. I'm sure that we all remember times when we did not make the best choices in managing our time. Hopefully we learnt from our experiences and improved things the next time around.

Parents and carers can do a great deal to support their child through busy times by helping them to organise themselves and to identify the most urgent priorities. Organisation helps to create order and allows students to complete their work efficiently. Procrastinating or putting things off only produces more stress in the long run. A little bit done every day can go a long way to being prepared for the final product. Establishing clear timelines and preparing ahead of time to meet deadlines will allow your child to demonstrate their skills to the best of their ability.

If your child needs help to organise themselves there are many teachers and support staff here at the school who are willing to help. The Guidance Officer is available for appointments and Year Level Coordinators are also able to assist. Senior students may also wish to seek support from the HOD- Senior Schooling or the Youth Support Coordinator.

**JANET YOUNG  
PRINCIPAL**

## SENIOR SCHOOL NEWS

### Year 11 News

How time flies, it is already 4 weeks into Term Three. There are a few things coming up for the Year 11s.

- Those attending Leadership Camp – Payment is now open until Wednesday 16 September.
- The Senior shirt and jersey process has begun, if your student is wanting to purchase either of these products their school fees must be up to date.
- Road Safety Week is coming up and on 18 August the Year 11s have access to an activity where they will be able to drive a golf buggy under simulated intoxication. Students will have to negotiate a time with a teacher and it will be the first 25 students per session to attend.

Some students have changed subjects after their first senior semester and should be catching up on what they have missed. Please remind your students that school work should be getting done at home, not only if their teacher has set homework, but also revising, reading and doing extra work so that they can succeed in the subject.

Any issues, questions or concerns please email me at [daddi4@eq.edu.au](mailto:daddi4@eq.edu.au)

**DEB ADDISON  
YEAR 11 COORDINATOR**

## JUNIOR SCIENCE

On the 22 of May and 23 of July this year our budding scientists actively participated in the Big Science and Chemistry (ANCQ) competition. The participants thoroughly enjoyed the competitions but reported the Chemistry competition was very challenging.

On Friday 31 of July, 60 Year 7 students along with their parents and siblings and all the junior science staff, participated in witnessing the full moon rising over the Berserker ranges. The rising was viewed through telescopes and binoculars, some of which were kindly loaned by parents and grandparents (as the photo shows). Many thanks to those parents who came along and made science come alive for this unit on the interactions of

sun, Earth and moon. With the knowledgeable support of Matt Barber from Glenmore State High School, we were also able to observe the emergence of the evening star Venus in all its spectacular glory through their computerised telescope.

Our Year 8 students are preparing for their Hurler assignment due later this term. They are currently learning about energy levels in foods such as rice crackers and popcorn and are calculating gravitational energy of different objects.

There is nothing like hands-on learning for our Year 9 students who have been dissecting various parts of a pig in order to understand the working of our body systems. This learning will culminate in a written debate around vaccination due later this term.

From August 15 to August 25 is National Science Week and the theme this year is waves. We are celebrating this event at NRHS with hands-on Science experiments and demonstrations including a light show and a fun competition with prizes.

**VICKI NIELSEN**  
**HOD JUNIOR SCIENCE**



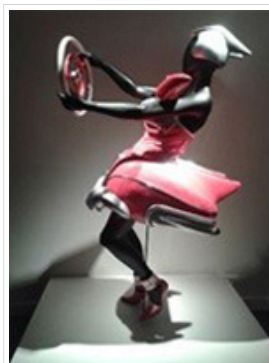
## YEAR 11 BLOCK EXAMS – IMPORTANT NOTICE

Due to reports now being issued at the end of Term 3, the Year 11 exam block dates have been changed to 7-11 September.

## THE ARTS

The Arts trip to Townsville in July was a fun weekend away for a small group of students who travelled north to see the World of Wearable Art Exhibition at the Perc Tucker Art Gallery. This was an exhibition of amazing and creative artworks made from all kinds of recycled materials. After looking through the gallery, we had a chance to make our own Wearable art pieces for our Barbie dolls using found objects. There were many weird and wonderful creations happening and the Yr. 11 Art students hopefully picked up some ideas for their Wearable Art assessment for Term 3. In the afternoon we went to the Aquarium and also visited the turtle hospital. There were some celebrity sightings at dinner that night as the V8 Supercars were also on in Townsville that weekend. A big thankyou to our trusty driver, Mr Addison and to Mrs Addison and Mrs McCaul for taking us to Townsville. Although it was a long way to go, it was certainly worth seeing the exhibition and experiencing life in another (warmer) city!

**HELEN LOMAS**  
**VISUAL AND PERFORMING ARTS HOD**



## 2015 SCHOOL OPINION SURVEY

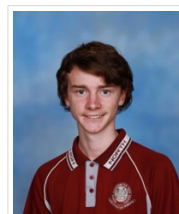
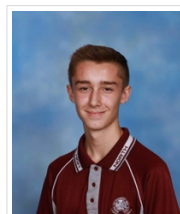
Thank you to all parents/caregivers, students and school staff who completed this year's *School Opinion Survey*. We look forward to reviewing our survey results when we receive our school report later this year.

## CONGRATULATIONS

Once again NRHS students are excelling in the sports arena.

Jarryd Lebeter (Year 10) has been selected for the QLD Karate Association State team to compete in the (AKF) Australian Karate Federation National titles in Adelaide early August. He has been attending training session in Brisbane.

Jarryd has also been selected in the (SKIA) Shotokan Karate International Australian team along with another NRHS student, Lyndon Ballinger (Year 11). Both boys will attend the world titles in Jakarta in August, 2016.



*Jarryd Lebeter Lyndon Ballinger*

Congratulations also to Ebonee and Jessica Moffat who have been selected in the U13 Queensland Hockey side.

For Ebonee this is her second State side and fourth for Jessica. Both girls play club hockey for Frenchville and have been playing for eight years.

They will travel to Sydney in the school holidays for the National competition. This competition could provide a pathway for the girls to be selected in the U15 State side.



Ebonee Moffat Jessica Moffat



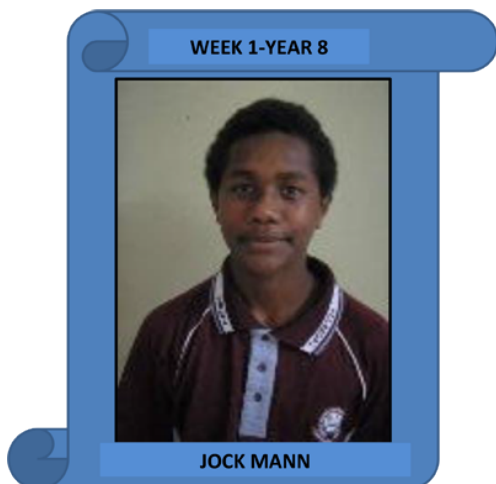
## 2016 YEAR 7 ENROLMENTS

**Have you enrolled your student?**

North Rockhampton High School are conducting interviews for Years 7 2016

Please contact the school on 4924 7888 between 8am and 4pm Monday to Friday to arrange an appointment

## STUDENT OF THE WEEK



## DATE CLAIMERS

TERM 3	
Mon 10 – Fri 21 Aug	Year 10 Work Experience
Mon 17 – Tues 18 Aug	Combined Schools Concert 2015
Thurs 20 –Sun 23 Aug	Maths B, Physics & Biology Excursion
Mon 24 Aug	P&C Meeting – 5pm Admin Building
Tues & Wed 1/2 Sept	QCS Exam
Wed 2 Sept	Year 10 Set Plan Interviews
Fri 4 Sept	Red Food Day
Mon 7 Sept – Fri 11 Sept	Year 12 Exam Block/ Year 11 Exam Block
Fri 18 Sept	Reports Issued / Last day of Term 3
TERM 4	
Mon 5 Oct	Public Holiday
Tues 6 Oct	Term commences
Wed 7 – Fri 9 Sept	Year 11 Leadership Camp
Tues 13 Oct	Year 8/10 Immunisations (Round 3)
Mon 16 Nov	Awards Night
Thurs 19 Nov	Year 12 Graduation/Formal
Tues 17 Nov	Red Food Day
Mon 19 Oct	Student Free Day
Mon 9 – Fri 13 Nov	Year 12 Exam Block
Wed 18 – Tues 24 Nov	Year 11 Exam Block

Wed 25-Thur 26 Nov	Year 11 QCS Practice Test
Fri 27 Nov	Year 10/11 Last Day
Tues 1 Dec	Year 7 Transition Day
Fri 11 Dec	Reports Issued / Last Day for 2015

## P&C MEETINGS

### 5pm Administration Building

Mon 24 Aug

Mon 26 Oct

Mon 23 Nov

Our next P&C meeting will be held on Monday 24 August at 5pm in the conference room. All parents/caregivers are welcome to attend. Parents are also advised that a copy of the minutes can be requested through the school office so that if you are unable to make the meeting you are aware of current P&C focus areas and the support provided to the school.

**NORTH ROCKHAMPTON STATE HIGH SCHOOL  
PARENTS AND CITIZENS ASSOCIATION**

### AGENDA FOR 24/8

1. ATTENDANCE
2. APOLOGIES
3. MINUTES FROM PREVIOUS MEETING
4. BUSINESS ARISING FROM PREVIOUS MINUTES
5. CORRESPONDENCE IN AND OUT
6. TREASURER'S REPORT
7. EXECUTIVE DECISIONS:
8. REPORTS
  - a. PRINCIPAL
  - b. TUCKSHOP
  - c. CHAPLAINCY
9. GENERAL BUSINESS
  - a) School sports and representation to push engagement (Andrea Maxwell)
  - b) Historical issues (Michelle Rixon)
  - c) Grants for Elite Student Performance (Leisa Neaton)
  - d) Speed update (Janet Young)
  - e) Defibrillator purchase consideration (Sue Levitt)
10. ENDORSEMENT OF NEW MEMBERS (IF APPLICABLE)
11. MEETING CLOSURE

## IMMUNISATION CLINICS FOR 2015

**ROUND 13/10/** **Year 8**  
**3** 15 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.

## 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.



Every school leaver will transition into training, further education or employment.

**S2J CQ**  
**School to Jobs Alliance CQ**

For updated Employment and Training Bulletins (ETOB)  
 Visit S2J CQ at:  
 Website: <http://s2jalliance.cq.gov.au>  
 Facebook: School to Jobs Alliance CQ

S2J Coordinator: Julie Merry  
 Mobile: 0428 714 308  
 Phone: (07) 4927 6233  
 Email: [s2jalliancecq@det.qld.gov.au](mailto:s2jalliancecq@det.qld.gov.au)