PRINCIPAL’S MESSAGE

Congratulations to the students and staff involved in presenting the school musical Creepy Town. What a wonderful show! The costumes and makeup were outstanding and the students clearly enjoyed themselves as much as the audience did! It was great to see large crowds attending with parents and friends obviously enjoying seeing their children performing. It was especially good to see students from Year 7 taking lead roles alongside the more experienced Year 12 students. It would appear that we are well placed for talent looking into the future.

Thank you to the back stage crew who made this production possible. We couldn’t see you but the musical would not take place without your support. I would also like to acknowledge the staff who gave up their time to work with the students to produce this three show event. Preparation has been going on for the last few months and practice clearly makes perfect. Once again, this has been an excellent showcase of the talent at North Rocky High.

Thank you also to the staff and students involved in the hospitality offered at the Trade Training Centre prior to the show and again at half time. The opportunity to cater for ‘real’ clients is a valuable learning experience for our hospitality students and they did a wonderful job catering for unknown numbers under tight timelines. Well done everyone!

A huge thank you also goes to the P&C for their support of the school musical. The P&C supported through funding the purchase of new lights and sound equipment for the PAC. These were clearly in evidence during the show and really added to the atmosphere of the night.

This will be my last newsletter for this term as I am taking Long Service Leave starting on 22 August for the rest of Term 3. During my time away I am travelling to visit my eldest son who now lives in London so I am really looking forward to the trip. In my absence, Mr Matt Newell will be the Acting Principal. I am sure that everyone will make him feel very welcome.

JANET YOUNG
PRINCIPAL

INFLUENZA AND FLU HYGIENE

The federal Department of Health and Aging have provided the following advice on influenza management.

Flu Hygiene

The flu can travel through the air when a person coughs or sneezes. It can then survive on surfaces for several hours remaining a source of infection for others. There are, however, simple things everyone can do to stop the flu spreading.

Measures to prevent the spread of the flu virus include:

- covering your mouth and nose when you sneeze or cough
- washing your hands regularly and properly
- cleaning household, school and workplace surface areas
- not sharing personal items such as eating and drinking utensils and food
- avoiding close contact with other people and staying home when sick.

19 August 2016
Annual vaccination, good personal hygiene and protecting others through staying at home when ill are important prevention measures for influenza.”

YEAR 11 COORDINATOR

We are already half way through Term 3. Time is flying by so fast. Everyone is now in study work mode so the stress levels, coffee intake and chocolate cravings have probably hit an all-time high. Some successful strategies we can all use to reduce stress are using re-focus activities like:

- doing a puzzle
- going for a walk
- talking to someone face to face about your stresses
- doing deep breathing relaxation exercises.

Don’t forget to support your body and minds. Eat regular, complete and healthy meals. Drink water and healthy drinks regularly and exercise daily.

On a sad note, we are saying goodbye to Shanae Dowden. We will miss you and your bubbly personality around the school grounds. We wish you all the best in your future adventures.

QMEA MAKE-it-NOW-ENGINEERING CHALLENGE

The 2016 Make-It-Now-Engineering (MINE) Challenge at Glencore Mount Isa Mines, held over the June/July school holidays, was a fantastic opportunity to gain an insight into the resources sector, particularly in the fields of Metallurgy and Chemical Engineering. Before my involvement in this program, I had not really considered working at a mine because I did not think the whole “digging up dirt” thing would appeal to me. I could not have been more wrong! I can now say that I have had to rethink my future career as I could not have had more fun.

As accompanied workers, we (Year 11 High School students from across Queensland) had to participate in a full day of induction: undertake blood tests; drug and alcohol screening; and collect security cards before entering the mine site. Wearing the appropriate PPE, my group then got to tour the Copper Smelter and various parts of the mine with the guidance of our mentors.

For our project, we were required to analyse the current and very expensive issue of feedsocks (a build-up of feed around the feed port of a furnace) and suggest possible solutions to be presented to the mine managers, staff and fellow students via a report and presentation at the end of the week. As part of this process, our very helpful mentors introduced us to a number of the operators and engineers in the smelter who discussed the processes involved in the operation.

Not only did we get to experience working at a mine, we also got to experience life in a mining town. Waiting for the ground to shake with the 8pm blast every night was a truly unique experience.

Overall, the QMEA MINE Challenge at Glencore Mount Isa Mines was an excellent opportunity to gain an insight into future occupations in the resources sector through a real-life experience. Such an opportunity would not have been possible without the Queensland Minerals and Energy Academy and Glencore Mount Isa Mines who support and encourage younger generations to choose careers in the resources sector.

Felicity Finlayson
Year 11 Student

TREE PLANTING

As part of National Tree Day and with the support of the Rockhampton City Council, our school was involved in a Tree Planting Day on Friday 5 August.

Here are some photos of Councillors Neil Fisher and Tony Williams, Staff and Year 7 Students.
2017 SUBJECT SELECTIONS

Below is what remains in the process for students selecting subjects for 2017:

<table>
<thead>
<tr>
<th>Monday, 5 September</th>
<th>Subject selections for 2017 Years 8, 9, 10 and 11 opened on One School.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, 14 September</td>
<td>Subject selections for 2017 closed.</td>
</tr>
</tbody>
</table>

P&C

The next P&C meeting will be held Monday Aug 22 at 5:30pm in the Administration Building. All welcome.

CHECK OUT OUR FACEBOOK PAGE

North Rocky now has a P & C Facebook page. Have a look and see what’s happening and keep up-to-date with the latest events.

DATE CLAIMERS

These dates are subject to change and will be updated throughout 2016:

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 22 Aug</td>
<td>P&amp;C General Meeting 5:00pm Admin Building</td>
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<tr>
<td>Tues 30 Aug – Wed 31 Aug</td>
<td>Yr 10 Set Plan Interviews Yr 12 QCS Test</td>
<td></td>
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<tr>
<td>Mon 5 Sept – Fri 9 Sept</td>
<td>Yr 11 &amp; 12 Exam Block</td>
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<tr>
<td>Wed 14 – 16 Sept</td>
<td>Yr 11 Leadership Camp</td>
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<tr>
<td>Fri 16 Sept</td>
<td>Rewards Day for all year levels End of Term 3</td>
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<table>
<thead>
<tr>
<th>Term 4</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Mon 3 October</td>
<td>Queen’s Birthday Public Holiday</td>
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<tr>
<td>Tues 4 October</td>
<td>Term 4 Commences</td>
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<tr>
<td>Mon 24 Oct</td>
<td>P&amp;C General Meeting 5:30pm Admin Building</td>
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<tr>
<td>Mon 24 Oct - Tues 25 Oct</td>
<td>Year 7 &amp; 8 Immunisations</td>
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<tr>
<td>Fri 28 Oct</td>
<td>Free Dress Day – Wear red for Daniel Morcombe Day</td>
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<tr>
<td>Mon 7 Nov – Fri 11 Nov</td>
<td>Yr 12 Exam Block</td>
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<tr>
<td>Tues 15 Nov</td>
<td>Year 12 Day Red Food Day</td>
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IMMUNISATION SCHOOL CLINICS

<table>
<thead>
<tr>
<th>Round</th>
<th>Date</th>
<th>Vaccine</th>
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<tbody>
<tr>
<td>3</td>
<td>Year 7 – 24/10/16 Year 8 – 25/10/16</td>
<td>HPV (3rd dose) Plus any students requiring catch-up vaccinations</td>
</tr>
</tbody>
</table>

FOR FURTHER INFORMATION PLEASE CONTACT OZCARE ON 4937 4200.
COMMUNITY NOTICES

ART CLASSES

Art classes are currently being run at the Art house on East St for children aged 5 – 16.

When: Wednesday – Friday 4 – 5 pm.
Saturday and Sundays 10 – 12pm and 2 – 4pm

All equipment is provided including paints, brushes, canvases as well as sketch pads and pencils.

All done in air conditioned comfort.

Prices are $15 for after school and $25 for weekend classes.

Please contact: Sandy – 0428 565 783 or Tau – 0403 983 623