31 August 2016

PRINCIPAL’S MESSAGE

Some of you may be aware that Mrs Young has taken a well-earned break through to the end of the term. I have been fortunate enough to be able to step across from Glenmore SHS to take on the role of Acting Principal for the next four weeks.

In my short time here, I have continued to be impressed by students and staff. When I walk through the school, students are happy to stop for a talk, help me find my bearings and tell me what is good about North Rockhampton State High.

The commitment that staff show towards their students and classes is second to none. I have seen staff willing to help out wherever possible while also collaborating on and planning the next strategies they will use to continue to improve students’ results. These are marks of the positive culture being established at North Rockhampton SHS.

I also had the pleasure of attending the school’s Parent and Citizens meeting on Monday the 22 August. It was great to see a large turnout of parents contributing to the growth of the school. Members from the Rockhampton Regional Council were also in attendance to outline the road works to be carried out on Berserker Street and the instalment of new stormwater pipes on Simpson Street to help mitigate flooding in the areas towards McLeod Park. This work will occur over the next 12 months. Council have worked with North Rockhampton SHS to plan as far as possible, to engage in these works close to and over school holiday periods.

There have been a small number of behaviour incidents over the past week. I want to take this opportunity to assure parents and community members that the school is taking these matters very seriously and is dealing with the matters quickly and effectively. Students and parents are reminded of the School’s Responsible Behaviour Plan for Students which can be found at the following link.

http://www.nthrckshs.eq.edu.au

I look forward to learning more about the students, staff and myself in this brief time that I have here.

MATT NEWELL
ACTING PRINCIPAL

2017 SUBJECT SELECTIONS

Years 7, 8, 9 and 10 students will receive their subject selection forms for 2017. If you would like to discuss which subjects may suit your child the best, please contact the school on 49247888 and we’ll refer you to someone who will be able to answer your questions. If you have any other questions in regards to the process, please contact Cynthia O’Sullivan.

It is important to note that students are required to nominate some additional preferences. Students must select a subject they are interested in for their additional preferences as some subjects may not run due to insufficient numbers or a student may miss out due to the class being full. In these cases, students may be allocated one of their preferences.

All subject selections must be completed on One School (instructions will be on the reverse of the subject selection form) and must be completed by Wednesday, 14 September.

HOD HPE

Congratulations to Keppel House who took out the Athletics Carnival this year and our Age Champions from last term’s School Athletics Carnival:
12yrs Boys - Xavier Mason
12yrs Girls - Tiana Richards
13yrs Boys - Waylon Snelling
13yrs Girls – Makayla Carter
14yrs Boys – Damsey Ray
14yrs Girls – Jessica Moffatt
15yrs Boys – Tremayne Crofts
15yrs Girls – Ashleigh Howkins
16yrs Boys – Adon Mothe
16yrs Girls – Mariah Jones
17yrs Boys – Lyndon Ballinger
17yrs Girls – Rebecca Patterson

Congratulations to Rebecca Patterson, Caliah Saltner-Hill and Tiana Richards who all broke school athletics records.

A big congratulations to McKenzie Howard (Yr.7), Tiana Richards (Yr.7), Caliah Saltner-Hill (Yr.9), Laila Howard (Yr.12) and Rebecca Paterson (Yr.12) who all finished Top-3 in the Capricornia Athletics trials and qualified to attend the State Athletics Titles in Brisbane later this year.

Good luck to our rugby league teams who are competing in semi-finals and grand-finals over the next few weeks. All of our teams have played with great spirit and determination and are representing the school with pride.

Our Girls Touch teams have also been competing on Tuesday afternoons and are performing to a really high level. Best of luck to all teams with the finals and grand-finals.

Date Claimers

Friday, 9 September – Rugby League Grand Finals @ Browne Park

Coming up on the Holidays ……

Good luck to our Country Cup 1st XIII squad who will be traveling to Maroochydooore to compete against schools from across Queensland in a two-day rugby league carnival.

Coming up in Term-4 ………

- Rockhampton Schoolgirls rugby league fixtures commence in Week 2 on Monday afternoons
- Girls Futsal Interschool competition commences in Week 2 on Wednesday afternoons
- Volleyball Interschool competition is proposed to start in Term 4 pending suitable numbers
- All Schools Cup for Hockey in Toowoomba on 23, 24, 25 October

AARON HARMSWORTH
HPE COORDINATOR

YEAR 10 COORDINATOR

We’re three-quarters the way through Term 3 already, and still there is so much to come! As you would be aware, Year 10s have been working on their SET Plans and interviews are being conducted on the 30 and 31 August. This is an important time for your student, as they need this SET Plan and interview completed to enrol in many courses including being able to enrol into Year 11 next year. Please make sure that you have arranged a meeting with your student’s HAWKS teacher to allow this process to happen.

As attendance is a primary focus at North Rocky this year, we have started a Home Group Competition this term to encourage student attendance each fortnight. There has been a noticeable improvement in most home group attendance rates this term. A huge thank you for supporting your child’s attendance at school.

In order to maximise potential for Senior Schooling success, during the last two weeks of this school year there will be various options for Year 10 students to participate in. For students who struggle with English and/or Maths, Summer School will be offered to support students in their endeavours to be successful in their Senior School studies. The Senior School teachers will also be offering Master Classes to provide a bridging course prior to beginning Year 11 Classes.

If you have any questions feel free to contact me via email mxwoo5@eq.edu.au or on 49247823.

MYCHA WOODWARD
YEAR 10 COORDINATOR

YEAR 8 COORDINATOR

Wow! How time flies! Term 3 is already three-quarters done! It has been great to be involved with students participating and succeeding within our school. The Robotics Club won a trophy, our Rugby League boys are on their way to the finals, and the Maths Team Challengers fought hard to be awarded second place in the regional competition. I am also very impressed by the number of talented Junior School students who starred in the school’s musical, Creepytown.

2017 is fast approaching and now is the time for our Year 8s to be thinking about subject selections for Year 9. It may seem a long way off, but now is a fantastic time to be asking your student what goals they have for when they move beyond their school years.

By now your student will have taken home a “Junior Course Selection Guide” which contains plenty of information on the variety of classes on offer here at NRS. Students will be expected to be making their selections from the 5 to the 14 of September. Subject selections will be made available online through One School. Students without access to the internet at home will be expected to make use of the computers here at school, outside of class time.

Student need to think carefully about their selections, including their 2nd preferences. They should not be wasting this opportunity to have input into their course of study. Their main consideration should be how the subjects they choose will prepare them with the skills and knowledge they will need to have to pursue their goals in adulthood.

If you are need in advice or assistance with the processes around this you can contact the Guidance Officer, Christine McTaggart, the relevant subject HOD, or myself.

MICHAEL ZIMMER
YEAR 8 COORDINATOR
Congratulations to the cast and crew of Creepytown! And thank you to everyone involved behind the scenes! It was a fantastic success!

Hello North Rockhampton State High

During Asthma Week (1 - 7 September) we encourage you to find out if you could become a better breather by following the five B’s:

1. **Become informed** - Take the Asthma Control Test. *Asthma doesn’t have to impact your quality of life but you need to be informed.*

2. **Blow away hayfever** - And keep on top of asthma. 80% of people with asthma also experience hay fever, which can trigger an asthma flare up.

3. **Brush up on technique** - Take your medication more effectively. Up to 90% of people with asthma have poor device technique but pharmacists can play a really important role in helping you to brush up on technique.

4. **Befriend your health professional** - When you need answers just ask! *Asthma symptoms can vary a lot from person to person so it’s important to befriend your health professional.*

5. **Breathe better** - Call the 1800 ASTHMA Helpline (1800 278 462) to find out how.

The first week in September it is Asthma Awareness Week. During this week I and some helpers will be putting up fliers around the school and, during first break on Wednesday 7 of September, will be holding a stall in the school grounds near the Tuck Shop to raise the awareness of Asthma in the school community.

If you have any questions about asthma or any other health conditions please don’t hesitate to ask me.

Thank you.

**MISCHA LAWFORD**
**SCHOOL BASED YOUTH HEALTH NURSE**
**REGISTERED NURSE/MIDWIFE**

---

**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.

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

**BLIND DATE WITH A BOOK**

It was like ‘Christmas in August’ in the library last Monday. Each of the sixty five individually wrapped books were seized by library lovers before the end of first lunch. What a delight it was to see the looks on students’ faces when they opened their “presents” and found a new book to read and review.

It was like a feeding frenzy with excited students scrambling for the books which had been brightly displayed in the library. Unfortunately, there were a few sad students who missed out on borrowing a new book (but we will endeavour to wrap more books the next time we organise a “Blind Date with a Book”).

Special bookmarks were also gifted to each student who borrowed a book and every student was asked to write a brief book review. “Blind Date with a Book” is an inspiring chance for book lovers to be exposed to new genres and authors and maybe even having the opportunity to read something out of their comfort zone.

**JANELLE LEARMONT**
**TEACHER AIDE**
**LIBRARY**
2017 SUBJECT SELECTIONS

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 5 September</td>
<td>Subject selections for 2017 Years 8, 9, 10 and 11 opened on One School.</td>
</tr>
<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 24 October 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>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 30 Aug – Wed 31 Aug       Yr10 Set Plan Interviews</td>
</tr>
<tr>
<td>Mon 5 Sept – Fri 9 Sept        Yr 11 &amp; 12 Exam Block</td>
</tr>
<tr>
<td>Fri 9 Sept                     Rugby League Grand Finals @ Browne Park</td>
</tr>
<tr>
<td>Wed 14 – 16 Sept               Yr 11 Leadership Camp</td>
</tr>
<tr>
<td>Fri 16 Sept                    Rewards Day for all year levels</td>
</tr>
<tr>
<td>End of Term 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 3 October                Queen’s Birthday Public Holiday</td>
</tr>
<tr>
<td>Tues 4 October               Term 4 Commences</td>
</tr>
<tr>
<td>Mon 24 Oct                   P&amp;C General Meeting 5:30pm Admin Building</td>
</tr>
<tr>
<td>Mon 24 Oct – Tues 25 Oct      Year 7 &amp; 8 Immunisations</td>
</tr>
<tr>
<td>Fri 28 Oct                    Free Dress Day – Wear red for Daniel</td>
</tr>
<tr>
<td>Morcombe Day</td>
</tr>
<tr>
<td>Mon 7 Nov – Fri 11 Nov        Yr 12 Exam Block</td>
</tr>
<tr>
<td>Tues 15 Nov                   Year 12 Day</td>
</tr>
<tr>
<td>Red Food Day</td>
</tr>
</tbody>
</table>

IMMUNISATION SCHOOL CLINICS

<table>
<thead>
<tr>
<th>Round 3</th>
<th>Date</th>
<th>Vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Year 7 – 24/10/16 + Year 8 – 25/10/16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HPV (3rd dose)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plus any students requiring catch-up vaccines</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
Junior Indoor Cricket
Tuesday Afternoons
4:45pm – 5:45pm
5 – 13 years old
$6.00 per week if paid up front
$8.00 per week pay as you go
Includes Registration fee
No special uniform required
All equipment supplied
No need to register, just come along and enjoy the fun every Tuesday afternoon.
*All Year Round *Affordable *Safe *Family Friendly *All Skill Levels

ISA
37 Hollingsworth Street
North Rockhampton
07 4932 3395
admin@tuesday.com.au
www.isarockhampton.com.au

Get fit for FREE!
7:00am
Every Saturday
Beginning 19th March
www.parkrun.com.au

Free, weekly, 5km timed run/walk for all ages and abilities.
Start/Finish: Rockhampton Botanical Gardens (near playground)

2. Print out your unique barcode
3. Turn up with your barcode, run or walk and have fun!

Don’t want to run or walk? Why not help others by volunteering?