



**NORTH
ROCKHAMPTON
HIGH SCHOOL**

Berserker Street
North Rockhampton QLD 4701
Subscribe: <http://nthrckhs.schoolzineplus.com/subscribe>

Email: the.principal@nthrckshs.eq.edu.au
Phone: 07 4924 7888
Fax: 07 4924 7800



9 February 2017

PRINCIPAL'S MESSAGE

Welcome to North Rockhampton SHS. We hope that all our new students and families have had a smooth start to the 2017 school year.

In these first few weeks students have had the opportunity to meet their new teachers and revisit the school rules and expectations. The term is now well under way and most timetables and class changes should have been finalised.

Once again one of our major priorities for the year is attendance. It is essential that students are in class learning every day. Missing class makes it difficult for students to catch up and can lead to critical gaps in their knowledge. If a student is absent due to illness or an emergent family issue please advise the school as soon as possible. If your child is absent from school and the absence is unexplained, you will receive a text message advising you of this.

All parents and carers are encouraged to contact the school if you have any questions or concerns about your child. Over the next few weeks we have a number of opportunities for parents to visit the school to meet staff and find out more about school programs. We look forward to meeting you at the Junior and Senior Meet and Greet evenings and also the P&C meeting later in the month. (see dates overleaf).



JANET YOUNG
PRINCIPAL

SENIOR SCHOOLING & HOME ECONOMICS

HOME ECONOMICS

Currently the **Year 7 Food Technology** students are beginning their 'Super Snacks' unit of work. This is based on the mechanics of cooking and working functionally in the kitchen. Later they will be investigating the healthiness of bought and home-made snacks. During Week 2, they learnt some cutting skills and made their own pizzas. This week they will be practising measuring and making muffins.

The **Year 8 Food Technology** students are undertaking their 'Food for Life' unit based on eating for good health during adolescence. In Week 2, students looked at breakfast food and made Eggs Benedict. This week they are making Soufflé Omelettes. They have already received a note indicating the items that need to be brought each week. If you have not

received this list, could you please check with your child or ring **49247819** and ask for Mrs Robertson or Mrs Hancock.

Year 9 Food Technology students have been very industrious cooking healthy lunchtime options including Asian Noodle Salad. This is part of their **'Making Smart Food Choices'** unit. If you need any questions answered for this subject, ring Gaye Sands on **49247883**.

It would be nice for you to see your student practising their new skills at home and helping out preparing your family meals. They are displaying very capable abilities; hopefully these students will look to continue developing their skill and knowledge by selecting 'Food Technology' in 2018.

EARLY CHILDHOOD

Year 12 Early Childhood students have been learning about the importance of reading for the development of a child's literature, numeracy and language development. Soon they will be designing a child's story books to read to 3-5 year olds. Once they are completed, they will be going to one of the nearby day-care centres to read their books to the children. That will be fun and entertaining!



CHERYL ROBERTSON
HOME ECONOMICS TEACHER

YEAR 7 COORDINATOR

WOW! What an exciting two weeks we have had already. It has been an absolute pleasure meeting all our new students. So far we have already had school photos, lunch time activities, and evacuation practices, all while getting to know each other. It is safe to say we have been very busy. Welcome to your child's first year of High School. My name is Samantha Hearn and I am the Coordinator for Year 7. We will continue this action packed term with a motivational speaker on the 17 of February, immunisations on the 2 of March and the school's Cross Country on the 31st of March. Another key date for those in Year 7 will be the Camp on the 19 and 20 June, at the Capricorn Caves. This will allow students to bond and develop their leadership skills. As this is a brand new experience, I hope to be able to support both students and parents with any questions or concerns they may have. My email address is shear24@eq.edu.au . I look forward to working with you during 2017.

SAM HEARN
YEAR 7 COORDINATOR

NORTH ROCKHAMPTON HIGH FACEBOOK PAGE

We invite all members of school community to view our North Rockhampton State High School's official Facebook page.

To find our page search for @NorthRockhamptonSHS and look for our logo. We will share our success stories and memorable events on our Facebook page as well as on our website.

Students' photos cannot appear on our Facebook page unless an updated consent form indicating parental approval for the publishing of photos on social media has been returned, signed by parents and guardians.

P&C

The next P&C Annual General Meeting will be held Monday 27 February 2017 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.

<http://www.facebook.com/NRSHSPC>

DATE CLAIMERS

These dates are subject to change and will be updated throughout 2017:

TERM 1	
Wed 8 Feb	Junior Secondary Meet & Greet
Wed 15 Feb	Senior School Information Night
Mon 27 Feb	P&C Annual General Meeting 5:30pm Admin Building
Thurs 23 Feb	Yr 7 Immunisations
Fri 10 Mar	SHEP
Wed 15 Mar	Enrichment Program 1
Wed 15 Mar	Yr 7, 2018 Information night
Fri 17 Mar	Harmony Day - Free Dress – wear orange
Fri 17 Mar	Red food day
Fri 24 Mar – Sun 26 Mar	Middle school SHEP
Fri 31 Mar	Red food day
Fri 31 Mar	Cross country and last day of term

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

HOCKEY SIGN ON

Wanderers Hockey Club Sign On

The 2017 Sign on day is Saturday 4 February from 9am-12pm at 34 Water St Berserker.

Wanderers has been operating in Rockhampton for 70 years. We welcome all new and returning players from 4yrs and older. All players are encouraged to come and try for free on the day. There will be a sausage sizzle, mini games, ice blocks plus information about the season ahead. Hockey is a great family sport offering a range of skills, discipline and most of all FUN!

Contact Bridget for more info: wanderershockeyclub@live.com.au or find us on Facebook:

<http://www.facebook.com/wanderershockeyclubrockhampton>

Wanderers Hockey Club

ROCKHAMPTON TOUCH ASSOCIATION ANNUAL DEVELOPMENT DAY

The 2017 Annual Development Day for interested juniors is being held on Sunday 5 February, 2017 from 9am till 12.30pm (8.30 arrival for registration please). Please bring a hat, water bottle and wear shoes and sunscreen. Morning tea will be provided. NO COST for this day.

Contact Denise at admin@rockytouch.com.

Rockhampton Touch are also holding a junior competition in the first half of the year for Under 10s, Under 12s and Under 14s boys and girls teams (no mixed) on Friday nights commencing Friday 3 March, 2017. Nominations are being called for teams from schools, clubs and individuals to participate in this competition and close on 24 February. For more information please call Denise on 0409 631 633.

SCHOOL BASED NURSE

Hello North Rockhampton State High School/Teachers/Students/Parents/Caregivers and School Community.

My name is Mischa Lawford and I am the School-Based Youth Health Nurse. I am a Registered Nurse and Midwife, and have a degree in Health Education/Health Promotion and Child, Youth and Family Health. I work Monday, Tuesday and every second Wednesdays from 8am until 2.30pm at the North Rockhampton

High School. My office is next to Chappy Aaron, and the Guidance Officer.

Part of my role is to make myself available for one-to-one appointments with students, parents and staff. Appointments can be made either via phone, email or by simply dropping in to see me in my office during the day. I will also be involved in health education talks in the class room setting with the students.

In my role as the School Based Youth Health Nurse, I work with students, school staff, parents and the school community to promote health and wellbeing, create a supportive and healthy school environment, and connect people with other support services. I can provide health and wellbeing information and education about issues including:

- Healthy eating and physical activity,
- Feeling unhappy or stressed,
- Healthy skin,
- Personal and family issues;
- Growth and development;
- Mental health referrals;
- Sexual health; and
- Smoking, alcohol and other drugs.

I look forward to a great 2017 at the North Rockhampton School Community and meeting you all.

Cheers

MISCHA LAWFORD
SCHOOL BASED YOUTH HEALTH NURSE
REGISTERED NURSE/MIDWIFE

ROCKHAMPTON PANTHERS AFL CLUB

North Rockhampton High School is part of our Football Community. We would like to encourage any student to become involved in an affordable community sport where we value individuals and encourage participation and opportunities to be part of a supportive club environment.

The Club would appreciate the following notice to be included in your School Newsletter.

Rockhampton Panthers AFL Club - JUNIOR SIGN ON for U7 – U17 girls/boys

Every Tuesday and Thursday during February/March from 5.30 pm to 6.30 pm at the Rockhampton Cricket Ground. The club has Come and Try Vouchers available and is a Get Started Club....Any new players most welcome for 2017 season. Enquiries to Tom Kneen **0429478189** or Krista Davidson **0467 592 530**

Thanking you

Regards
Krista Davidson
(Secretary)

DEFENCE FORCE

This is a friendly reminder for Defence Force Recruiting's Parents & Teachers Defence Careers Night in Rockhampton.

PARENTS & TEACHERS DEFENCE CAREERS NIGHT

Date: Wednesday 15 February, 2017

Time: 6:30pm – 8:30pm

Where: Rockhampton Leagues Club – Cnr George & Cambridge Streets, Rockhampton

RSVP: Registrations are essential. Email cpttownsville@dfrc.com.au to secure your seat.

I have attached an invitation with more details, but if you could share this with your colleagues and parents/guardians of students that would be greatly appreciated. Principals, Guidance Officers, Community Education Counsellors and any teacher who works closely with students considering their future career would benefit from attending this event.

Should you have any questions, please do not hesitate to give me a call.

Kind Regards,

Jennilee Mills

Diversity Regional Activity Coordinator

Get fit for FREE! **7:00am**
Every Saturday - Coming Soon -

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

- 1 Register for FREE at www.parkrun.com.au/register
- 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?

BEGINNING 19th MARCH

www.parkrun.com.au