



**NORTH
ROCKHAMPTON
HIGH SCHOOL**

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9 March 2017

PRINCIPAL'S MESSAGE



Violent or abusive behaviour will not be tolerated in our schools. It's not just a courtesy; it's the law.

The 'Respect our Staff, Respect our School' campaign aims to create safer and more respectful communities in Queensland state schools. The campaign is part of the Queensland Government's commitment to tackle the issue of violence and continuing to provide a safe and supportive learning environment for all students and school staff.

We all have different beliefs, expectations and experiences, so there are inevitably going to be times where conflicts or disagreements occur in schools. How we handle those conflicts can make a significant difference to the learning and development of our students and the positive environments we aim to foster.

The safety of our students and staff is the number one priority and everyone in the community plays a part in ensuring learning environments are safe. All members of the community are encouraged to work together to prevent abuse and violence directed towards school staff.

Teachers, Support Staff and Administration are regularly speaking with students about our school values and beliefs. These include being respectful in our interactions with one another. It is not appropriate that staff or students are subjected to verbal abuse or violent behaviour. Please take the time to discuss with your child what this might look and sound like in the school environment.

**JANET YOUNG
PRINCIPAL**

JUNIOR SCHOOLING YEAR 9 CO-ORDINATOR

Wow! Term 1 is past halfway through! The Year 9s should be starting their second units of work across most of their subjects which rotate through 5 week cycles. I wish them the best with their studies. Remember, I am always here to help each get all the support they can from school.

One of the big focuses with Year 9s this year is **leadership**. The Year 9 students are the oldest cohort in Junior School. In fact they are our first group to come through from Year 7 to Year 9. Year 9s have already commenced their journey to leadership with the Investiture Ceremony in Week 2. Not only did this acknowledge our Junior School Captains – Alicia, Lester, Nikita and Jakob – in their roles, but it involved all Year 9s in the leadership process.

The Junior School Captains are further building their leadership capacity by attending events including the Rockhampton GRIP leadership conference. Students came back from this eager to implement new ideas from their Making Assemblies Great Again ceremony. Already I can see the impact their suggestions have made. To summarise their ideas: music and jokes = good idea; yelling at students = bad idea. I cannot wait for their next round of suggestions.

Again, my role here is to support you and your student through their educational journey at NRSHS – if you need to get in touch, drop an email to mzimm13@eq.edu.au or call me on 4924 7834.

MICHAEL ZIMMER
YEAR 9 CO-ORDINATOR



SENIOR SCHOOLING YR 10
CO-ORDINATOR

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” - Pele

Success is measured differently by every individual and this year our students are beginning to take the steps to achieve whatever success might mean to them. I'm excited by some of the opportunities the students in the Year 10 cohort have for success this year.

During 2017, students in Year 10 will be exploring their relationships, tolerance, focus and resilience through the school's wellbeing program. Embedded within the wellbeing program is a Career Ed program put together by a member of our Senior Schooling staff. During this program students will look at different careers to determine what potential careers might suit them. They also explore what life might be like within a workplace with the overall goal being that they are ready for work experience and completing their Set Plans during Term Three.

Another exciting program that a handful of students have been selected to be a part of is Project Booyah. Project Booyah is a police run leadership program that is a community inclusive program helping young people develop necessary life skills. So far the feedback from students who attend the program has been extremely positive. The students who have attended have been trying their hands at serving skills such as making coffee and mocktails. Last week they served at a function that was attended by over 100 people. These are just a few programs that students in Year 10 will be a part of this year and we look forward to the successes that such programs bring them.

At the end of this term students will be rewarded for their good behaviour and high levels of attendance throughout the term with a Rewards Day in Week 10. We look forward to celebrating this achievement with those students.

ERIN BILLS
YEAR 10 CO-ORDINATOR

ENGLISH HOD

Welcome to 2017.

The year has barely started but we've already done so much. Thank you to those parents who attended the Meet and Greet sessions. English teachers appreciated the opportunity to speak with you.

The 14 February saw students participate against Heights College in the first debate for the year. Both the Junior and Senior Teams debated the topic that 'Humans are Too Dependent on Technology'. The Junior Team (Mira Gibson, Alicia Kyriazis and Seong Choi) went down to their opponents while the Senior Team (Steven Kyriazis, Sarah Coker and Kira Pastorella) won their debate. The next debate, set down for 3 May, will take place in our school library, beginning at 6 p.m. Everyone is welcome to attend.

I am currently seeking interested readers from Years 7 and 8 to participate in this year's Readers Cup Challenge. The challenge requires students to read a number of books and then participate in a several quiz rounds, testing their recall of elements of the texts against other teams from within the region.

From Day One students have been working hard. Junior classes have been exploring a number of different texts including: motivational speeches; texts (such as media texts and novels) that represent teenagers in both positive and negative ways; and what to include in a promotional brochure about Australia. Most of these classes have already completed one piece of assessment and are about to start work on their second piece.

The Year 10 English classes have read a novel and presented a monologue. Their next task is an analytical essay based on the same novel. Year 11 English classes have written an Opinionative Article and the Year 11 English Communication a magazine article The Year 12 English Communication have prepared a report on Planning a Community Event while the 12 English students have written a Feature Article. All Year 11 and 12 students will have an oral to present during the upcoming exam block which begins in Week 9.

Please check Assessment Calendars to stay informed of what your child is doing in class.

A reminder that tutorials for Senior English classes (Years 10-12) are held before school on Monday, Tuesday and Wednesday, and during first lunch each day. Beginning in Week 7, on Wednesday 8 March, English and SOSE tutorials will also be held for students in Years 7-9. This will take place in the school library after school, finishing at 4 p.m.

If you do have any concerns or queries regarding English, be sure to contact the school and ask to speak with your child's teacher or myself.

MAUREEN FLETCHER
HOD ENGLISH

SCHOOL BASED NURSE

Hello North Rockhampton State High School Community,

During the year I will be holding a number of health promotional activities in the school community including topics such as oral health, asthma awareness, mental health and sun safety to name a few. If anyone in the community would like to have a certain topic explored I am keen to hear your suggestions. I am at North Rockhampton State High School Monday, Tuesday and every second Wednesday.

The new year brings new students to our school and I am in the process of working out which students have health conditions and need action plans to be completed for the school in case that student requires medical attention at school.

Presently, I am in the process of linking in with students who have a diagnosis of asthma. If a student sees a GP about asthma, brings an inhaler to school, regularly has asthma attacks, has been admitted to an intensive care for an asthma attack, or is on regular preventative treatment for asthma, can I please ask that parents ask their children to come and see me, or contact me at the school for a consultation to see if an action plan needs to be commenced.

An action plan is a plan to support any student at North Rockhampton State High who may have a health condition that may need medical attention at school. This plan is designed for the safety of the students in the school and to assist the school community in getting assistance if/when the need for medical attention is needed.

I hope to hear from you soon.

MISCHA LAWFORD
SCHOOL BASED YOUTH HEALTH NURSE
REGISTERED NURSE/MIDWIFE

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.

DEPUTY PRINCIPAL

YEAR 11 AND 12 EXAM BLOCK

Year 11 and 12 Exam block will be held from Tuesday, 21 March to Tuesday, 28 March. All students have been issued an individualised exam schedule. A master copy of the exam schedule can be access on the school website via the link below:

<https://nthrckshs.eq.edu.au/>

Students are only required to attend school for their scheduled exams unless otherwise directed by the Deputy Principal. Students who attend school-based traineeships/apprenticeships, TAFE or other alternate courses **must attend their scheduled exams** and make other arrangements with their outside provider re catching up on the time missed at work, TAFE, etc.

Full school uniform must be worn. If students are absent for an exam, they will be required to provide a medical certificate. If students are late for an exam, they will be admitted to the room, however no additional time will be allowed. If you have concerns regarding the block exams, please contact the school or your child's teacher.

TERM 1 REPORT CARDS AND PARENT TEACHER INTERVIEWS

Term 1 Reports will be emailed home on Friday, 31 March 2017. Term 1 report cards provide an interim result for subjects. This may be based on class work/activities and/or assessment tasks. The Level of Achievement is an indication of the student's progress and is not a final semester rating.

Parent/Teacher interviews will be held on 26 April, 2017 from 3:10 pm to 6:00 pm. Interviews provide an opportunity to discuss your child's progress with his/her teachers. Interviews can be booked on-line at Parent Teacher On-Line (PTO). Instructions can also be found on School's website on the home page under the Quick Links section. Bookings will be open from the 31 March to 25 April, 3:00 pm. If you have any trouble registering or booking your interviews, please contact the school on 4924 7888.

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

PARENT EMAIL CONTACT

All parents are encouraged to ensure that their email address is up-to-date on our system. Email will be our preferred method of contact for school correspondence such as academic reports and other relevant documentation.

P&C

Our next P&C meeting is 5:30pm on Monday 27 March.

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	
Thurs 9 Mar	Yr 12 University Experience
Fri 10 Mar	QCS Practice Yr 12 (8:30am to 11am)
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
Tues 21 Mar – Tues 28 Mar	Yr 11 & 12 Exam Block
Mon 27 Mar	P&C meeting
Fri 31 Mar	Red food day
Fri 31 Mar	Cross country and last day of term
TERM 2	
Mon 17 Apr	Easter Monday Public Holiday
Wed 19 – Fri 19 Apr	Yr 11 Rec & Marine Camp
Mon 24 Apr	Whole School ANZAC Day Ceremony
Tue 25 Apr	ANZAC Day Public Holiday
Wed 26 Apr	Parent Teacher interviews
Mon 1 May	Labour Day Public Holiday
Wed 3 May	Yr 7 Immunisations
Mon 8 May	Yr 11 Legal Excursion
Mon 8 May – Thurs 11 May	Yr 7 & 9 NAPLAN & Yr 8 Practice
Wed 10 May	Yr 10 Careers Expo
Fri 12 May	NAPLAN catch-up Yr 11 & 12 Maths Team Challenge Free Dress Day
Wed 17 May	Enrichment Program 2
Fri 26 May	Sorry Day
Fri 2 June	Yr 11 Visual External Exam
Wed 7 June	Free Dress Day

Fri 9 Jun – Mon 19 Jun	Yr 11 & 12 Exams
Thur 15 June	Rockhampton Show Holiday
Mon 19 Jun – Tues 20 Jun	Yr 7 Camp - TBC
Tues 20 June – Wed 21 June	Yr 12 QCS Practice
Thurs 22 – Fri 23 June	Positive Rewards, Athletics Carnival & Red Food Day
Fri 23 June	Last Day Term 2

COMMUNITY NOTICES

Get fit and make some new FRIENDS!

7 am Every Saturday

Free, weekly, 5km timed run/walk for all ages and abilities.
Rockhampton Botanical Gardens

- 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?



QUEENSLAND LEARNER DRIVER SURVEY

A survey is being conducted by the **University of the Sunshine Coast** to help develop better training for learner drivers. The project is exploring the current state of professional driving instruction for learner drivers in Queensland.

The survey takes approximately **10 minutes** to complete.

If you are a learner driver or have your red P-plates we want to hear from you.

<http://www.surveymonkey.com/r/learningtodrive>

All survey participants will be eligible to go into a draw to win an **iPhone 7**.

For further information please contact the PhD Researcher, Natalie Watson-Brown (Natalie.watson-brown@research.usc.edu.au) at the Sunshine Coast Mind and

Neuroscience – Thompson Institute, 12 Innovation Parkway, Birtinya 4575, or call 075 456 3561.

The survey closes on the 30th April, 2017.

HEALTH SESSION INVITATION - WESTFUND COMMUNITY FOUNDATION

Westfund Community Foundation Here for Hearts program. This program aims to bring greater awareness of the importance of easier access to AED's in our school communities, particularly in regional areas.

The Here for Hearts program is a partnership between Westfund Health Insurance and Defibshop and also means the cost of these AEDs can be subsidised for various community groups and schools. Please find attached some information regarding the packages and funding that can be applied for.

Our first round of funding closes on the **1 March 2017** however please be aware there are more rounds during the year that you are able to apply for.

I would also like to invite you to our **free health** event that will provide information on the importance of learning first aid, active living for a healthy heart and warning signs of a heart attack. We will also be presenting the 2016 Westfund Here for Hearts School Programme "Free AED" winner and demonstrating the importance of CPR and Automatic External Defibrillators within our community.

Guest speakers will include: Heart Foundation and Carpet Hughes (Managing Director – Defibshop)

When: Thursday 9 March

Where: Westfund Rockhampton, 127 East Street

Time: 11am – 12pm

Complimentary light refreshments will be available.

If any staff, family or friends are interested in our AED funding program or attending our free health event. Spots are limited, please RSVP to myself by email to Rockhampton@westfund.com.au or calling my mobile **0488 046 562**.

Kind Regards

Sarah – Westfund Rockhampton

SMITH FAMILY TRUST

"Saver Plus" \$500 matched savings program is looking for new participants. I would welcome the opportunity to work with you to help inform your families who may be eligible for this wonderful program.

In Central Queensland, 304 participants have already benefited from Saver Plus, approximately \$86,000 in matched funds which assists people on lower incomes to strengthen their financial skills and save for educational costs.

Saver Plus participants receive up to \$500 in matched savings to help pay for educational costs for themselves or their children, including school uniforms & shoes, textbooks & stationary, sporting, fees, uniforms and equipment, excursions & camps, laptop/computer/tablet, music tuition, instrument hire, dance classes, TAFE, traineeship or apprenticeship costs and much more.

As the Saver Plus coordinator for The Smith Family here in Rockhampton, I would really appreciate your support for us in being able to assist disadvantaged families within your school community/

People may be eligible to join Saver Plus if they or their partner:

- have a Centrelink Health Care Card or Pensioner Concession Card;
- are at least 18 years or over;
- have some regular income from work; themselves or partner, full time, part time, casual or cash in hand
- are a parent or guardian of a child at school this year, or starting next year

OR are attending or returning to vocational education themselves.



Stressed about back to school costs?

Would \$500 help pay for uniforms, books, excursions, tutoring, a laptop or tablet?

Saver Plus matches your savings for school costs, dollar for dollar, up to \$500!

You may eligible if:

- you have a Health Care or a Pensioner Concession card and,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work.

Contact Kathy Connaughton
your local Saver Plus Coordinator:
07 4924 8125 / 0408 490 984
or kathy.connaughton@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Rockhampton area by The Smith Family. The program is funded by ANZ and the Australian Government. Find more information at saverplus.org.au.

You are here by invited to join us and celebrate **Scrutiny's 3rd Birthday on Saturday 11th March!**