From the Principal

Centenary Celebrations

Rockhampton State High School is celebrating its centenary in 2019!

Rockhampton State High School was opened in 1919 and moved to its present site near the Rockhampton Showgrounds in 1960. Our School has a long and proud history. This school has always provided many opportunities for students to challenge themselves and achieve in the areas of academia, sport, citizenship and culture. We are proud of our reputation as a safe and supportive school with high standards and excellent outcomes.

If you or your family are a part of our history, tell us about memorable events, achievements, friends and teachers. We’d also love to hear about what you did after leaving Rockhampton State High School!

The founding principal of the school was John Hill, a former Australian Army major who had fought at Gallipoli and been awarded the Military Cross for bravery. He had been invalided out of the AIF and repatriated to Australia.

Major Hill chose the colours of his old army unit, brown and blue, to be the school’s colours. He also chose the school’s Latin motto - Aere Perennius - ‘more lasting than bronze’. He believed that a good school education would last a lifetime.

Throughout 2019, there will be centenary themes attached to our school functions to highlight the rich history of the school and the outstanding achievements of past students.

In particular, please keep 7 - 9 June 2019 free. The school will host important functions including:

- **Wednesday 14 February 2019** - Luncheon at the Regent, Bolsover street (pre 1963)
- **Friday 7 June 2019** – Old Boys Game 6.30pm Rockhampton SHS
- **Saturday 8 June 2019** - Gala dinner Rockhampton Leagues Club 7.00 – 11.00pm
- **Saturday 8 June 2019** - Tatts Day Callaghan Park Raceway (11.00-5.00pm)
- **Sunday 9 June 2019** - Breakfast at the Regent, Bolsover Street
- **Sunday 9 June 2019** – Centenary Open Day 9.30 – 11.30am (BBQ lunch 11.30 – 12.30)

Information about booking to attend these events will be widely advertised. We hope to see as many of our past and present Rockhampton SHS students, families, supporters and teachers at these events as possible!

Memorabilia

Photographs, report cards, school uniform items, trophies, certificates, awards, commendations, newspaper references, letters, documents, curriculum items, school work, books are examples of important historical records that recreate the life of the school.
We would very much appreciate your sharing of these items with the school. There will be a virtual museum of memorabilia on display at the school for our Centenary Open day.

Alumni

The school has established an Alumni site below for past students and staff. This link can also be found on the school’s website on the right hand side under the heading “Quick Links” http://rockhamptonshs.mylimuni.com/

You are strongly encouraged to register your details on the alumni site. The registration process is very simple. If you were a past student, please include your name and the years that you attended the school. For female contributors, if you could please supply your current name followed by nee and your maiden name if this is applicable. If you could take a few more minutes please tell us about memorable events, achievements, friends, teachers and characters also this will evoke treasured moments that can be shared by others of your era.

We would like to include Alumni information in our centenary publications. Please note though that there are privacy provisions on the Alumni site.

Centenary Recipe Book

Do you have a favourite recipe that you would like to contribute to the school’s Centenary Recipe Book? If so, please either post to the school at Rockhampton State High School, 1 Campbell Street, Wandal, Q 4700, or email centenarycelebrations2019@rockhampshs.eq.edu.au

Sponsorship

The costs in hosting a year of centenary events are substantial. We will be seeking community support to fund these and to augment the school’s excellence facilities (STEM).

If you are able to contribute financially, even small amounts are important and will be gratefully received. Sponsors of amounts over $50 will be acknowledged in our Centenary magazine.

Please visit the below website if you are able to help.


I would like to take this opportunity to wish all members of our school community a happy, safe and restful term 1 break!

Best wishes

Kirsten Dwyer
Principal

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<th>Date</th>
<th>Event</th>
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<td>17 April</td>
<td>School recommences for all year levels</td>
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<tr>
<td>25 April</td>
<td>ANZAC Day</td>
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<tr>
<td>3 May</td>
<td>Parent/Teacher Interviews 3.30pm-6.00pm</td>
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<td>26 May</td>
<td>School Expo</td>
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BOYS RUGBY LEAGUE

The 2018 Rockhampton District Secondary Schools Rugby League competition will be played during Term 3 this year. The school season will commence on 18th July and conclude on 8th September.

Selection trials and trial games will be played during Term 2. Rockhampton High will nominate teams in all five age divisions: Yr 7, Yr 8, Yr 9, Yr 10 and Open Age (16 – 18).

Team coaches for the 2018 season will be:

- Yr 7 Mr Petersen and Mr Wells
- Yr 8 Mr Forbes and Mr McGrath
- Yr 9 Mr Webley and Mr Burchmann
- Yr 10 Mr Sinnamon (A) and Mr Morgan (B)
- Open Mr Smith (1sts) and Mr Lodewikus (2nds)

To play, students must:

- have parental consent to play rugby league,
- have correct school uniform playing gear – shorts & socks,
- (NB school rugby league shorts and socks – not others),
- maintain a good standard of classroom behaviour, (NB no lower than Behaviour Level 4) and pay a compulsory RDSSRL registration levy - $25

Rugby league training will be held after school on weekdays.

Games will be generally played at the following times:

- 7A, 10B and Open 2nds on Wednesday afternoons / evenings
- 8A, 9A, 10A and Open 1sts on Friday afternoons / evenings.

Most games will be played in Rockhampton; however some games will be played at Yeppoon and others at Mount Morgan. Students will need to arrange their own transport to and from all games within the city limits. The student levy will cover the cost of bus transport to and from Yeppoon and Mt Morgan.

Dan Petersen
Rugby League Co-ordinator

Important Dates

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<tr>
<td>16 April</td>
<td>Student Free Day</td>
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Every Day Counts

Regular school attendance

Did you know? Research shows that in Queensland, higher student attendance at school is associated, on average, with higher student achievement.

Why is regular attendance at school important?

Regular school attendance will mean that your child gets a better chance at life. Your child will achieve better when they go to school all day, every school day:

- they learn better
- they make friends
- they are happier
- they have a brighter future.

Why must I send my child to school?

Under Queensland law, you must make sure your child of school age is enrolled and attends school all day, every school day unless they have a reasonable excuse. Illness, doing work experience, competing in a school sporting event or going on a school excursion are reasonable excuses for being absent from school.

What should I do if my child won’t go to school?

You should contact the school as soon as possible for advice and support.

The following link is a resource from the Every Day Counts website and may be helpful to parents with children or teenagers who are reluctant to go to school.


Senior Schooling

LEGAL STUDIES STUDENTS GET EXPERT ASSISTANCE

The Year 12 Legal Studies class recently received valuable research assistance from former Rockhampton State High School student, Lauren Gabriel, from Phelan Family Law. The students have been preparing an assignment based on Australia’s Family Law legislation.

Ms Gabriel, a family lawyer, was able to provide a clear overview of the process followed in legal practice to deal with family law matters. Lauren is very qualified to give this information as an Associate Partner of her firm.

SENIOR RICH STUDY ACTIVITIES

On Friday 23 February, our school based health nurse, Loretta Green, spoke to the senior cohorts about the importance of healthy eating, exercise and general wellbeing. Students enjoyed playing the 2 & 5 challenge and exercising in teams. What a fabulous start to the day! Other rich study activities this term have included QCS test preparation, private study, and some assistance with organisational skills.

*Rachael Simpkins*

*Year 12 Coordinator*

Valentine’s Day Fundraiser

On Wednesday, 14 February 2018, love was in the air at Rockhampton State High School. Approximately eighty seniors got into the Valentine’s Day spirit by dressing up in the colours of love. Lesson one was full of enthusiastic seniors delivering roses and singing telegrams to students of all grades and teachers and support staff alike. Everyone in the school was engaged in the annual Valentine’s Day tradition. Classrooms were interrupted by glitter, smiles, singing and dancing. All proceeds raised were given to our chosen charity, Capricorn Animal Aid. Proudly, we raised over $1200 profit and this was presented to Capricorn Animal Aid representative, Katrina Kilpatrick, on a senior parade. The local organisation is run by volunteers who re-home unwanted dogs and cats from the pound. They also subsidise a de-sexing program. This year featured coloured roses with blue being the most popular. Seniors involved should be commended for their efforts as there was a great deal of time spent behind the scenes organising our successful fundraising event. Thank you also to students who purchased roses and singing telegrams for their friends.

*Mrs Rachael Simpkins and Mr James Zimmer*

*Year 12 Coordinators*
The Legal Studies class greatly appreciated the visit from Ms Gabriel and the expert information she provided.

Mrs Trudy Crow  
Legal Studies Teacher

Year 12 Visual Arts

Year 12 Visual Arts in Practice students, together with Ms Mills and Mrs Durrand, attended the Rockhampton Art Gallery to see “A Trip To Far Away”. This exhibition features the beautiful linocut works of local artist Niloufar LoveGrove. Students were treated to an intimate conference with Niloufar where she discussed her background, inspiration and technical process. Students were also given the unique opportunity to ask questions and discuss the works in detail. We would like to thank both the Rockhampton Art Gallery and Niloufar for this wonderful event.

Jaelene Durrand  
Visual Arts Teacher

Students Experience University Life

A group of 42 Year 12 students got a taste of student life during University Experience held at CQUinity on 9 March.

The one-day event included lectures and interactive activities in study areas chosen by the students to allow them to explore areas of interest that are available at CQUinity. Students also spoke directly with current students and staff about study options.

A highlight of the day was the Scavenger Hunt where students explored the campus grounds using a campus map to collect various items. This allowed them to become familiar with different aspects of the campus and provided a fun challenge for them.

CQUinity will visit Rockhampton State High School in Term 2 to deliver their CQUinity Connect Program to Year 11 and 12 students. This program contains aspiration-building and career-focused content and is run by current CQUinity degree students. For more information, please contact the Senior Schooling office.

Mrs Trudy Crow  
HOD – Senior Schooling

Testing the Effect of Microgravity on Mung Bean Seed Germination and Growth

On Earth, germinating seeds send their roots downward towards gravity and their stems upward away from gravity. A hormone, auxin, is produced by the plant causing cell elongation (growth) in the shoot so the stem turns upwards towards the light and the roots move downwards towards the soil, or source of nutrients.

In space, gravity is not present in order to impact the way the seeds can grow. The students hypothesised that seeds growing in space would grow inconsistently as there is no gravity to impact the seed’s growth pattern.
In order to simulate microgravity (because going to space was not an option!), a clinostat was used. The clinostat slowly rotates in an attempt to ‘confuse’ the seeds as to where the pull of gravity is coming from. Results from the experiment showed that 55% of seeds in the clinostat did not respond to the force of gravity and, instead, responded to the stimulus of water present – the roots grew towards the nearest source of water!

A common observation from the experiment was that shoots were growing perpendicular to the force of gravity and effectively parallel to the ground. The shoots themselves were still able to grow and photosynthesise which gives some hope to the future of growing plants in space, specifically on the International Space Station to provide sustenance and nourishment for astronauts who may be tired of dehydrated foods and supplements.

*Jamie-Lee Patterson, Jessica Toon & Patricia Missingham*

**Year 12 students**

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**Music and Drama**

**Year 8 Music**

As part of the curriculum every student in year 8 has the opportunity to study the subject music.

Mr Stubbs’ year 8 music class has been learning the guitar over the past term and have been able to showcase their talents in a group performance. We look forward to nurturing these talents as students continue their love of music within the Performing Arts.

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**Drama and Dance Students attend Bangarra**

On Wednesday 28th February dance and drama students from RSHS attended Bangarra’s Performance of OUR land people stories. The performance was a triple bill featuring three personal and profound works. Nyapanyapa, a work by Bangarra Artistic Director Stephen Page, was inspired by the beautifully textured painting of Yirrkala artist Nyapanyapa Yunupingu. Dancers Beau Dean Riley Smith and Daniel Riley explore the kinship systems of the Wiradjuri country in their work Miyagan, and the true history of Sydney is explored in Macq by Jasmin Sheppard, examining the two sides of Governor Macquarie. A great night was had by all and the performances certainly gave the students plenty to discuss the next day.

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**Performing Arts Camp**

On March 16th and 17th students from RSHS attended their first Performing Arts Camp at Coolwaters. The camp was a great success with students presenting a concert at the end to their friends and family. The students must be commended on their excellent behavior and the way in which they conducted themselves during their time away. Congratulations RSHS!

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**Year 12 Drama Collage**

On Thursday 22nd March Year 12 Drama students presented their most recent Collage Drama. The performances focused on Aboriginal and Torres Strait Islander Theatre Forms utilising chant, dance, physical theatre and storytelling. Each performance was incredibly powerful and perfectly executed. The students must be congratulated on their professional manner and the time and effort put into their pieces. Well done!

*Lynda Dowley*

**Drama Teacher and Creative Writing Co-ordinator**
This term science students from Year 7 and 8 attended the World Science Festival in Gladstone. The program, hosted at the Gladstone Entertainment and Convention Centre, provided students with the opportunity to explore the wonders of science through workshops, hands on activities and visual displays that featured fireballs, amazing explosions and liquid nitrogen concoctions.

Leading scientists explained how scientific discoveries would lead to greater innovation within their fields. Students had opportunities to speak with these science leaders to learn how research is crossing boundaries to help us better understand the mysteries of the past and our current environment in order to help shape the future.

The excursion provided a quality STEM learning experience that placed students in an educational environment that helped them personally consider STEM careers.

Janita Ray
EXCEL Co-ordinator

Creative Writing

Students involved in RSHS School of Excellence in Creative Writing took a personalised tour of the Rockhampton Regional Library.

The students explored the archives, had a look at some local authors and their memoirs, poetry and short stories as well as exploring the sound studio and the various programs the Library has to offer. A great day was had by all with plenty of resources available to the students for their future work.

Lynda Dowley
Drama Teacher and Creative Writing Co-ordinator

DATE CLAIMER FOR YEAR 12’s

Just a reminder to our Year 12s and their families that invites were sent out on the 15 March for our 2018 FEET First Commitment Ceremony, which will be held on Friday 27 April at 10:15am in the Assembly Hall.

The Commitment Ceremony is a pledge by our current year 12 student that they will enter Full Education, Employment or Training upon completion of school. During the ceremony students, employers and community partners sign the banner to demonstrate their commitment to FEET First principles.

Please RSVP to Samantha Sinclair on 49 204 323 or ssinc51@eq.edu.au before Friday 6 April 2018.

Samantha Sinclair
A/FEET First Program Coordinator

Bullying No Way!

The TV program, The Project recently collaborated with many influential Australian Social media celebrities about the bullying problem.

DOLLY EVERETT was a young girl who suicided due to being bullied.

Just days before she took her life she made a poster – “Speak even if your voice shakes”.

http://www.youtube.com/watch?v=0FNs1XeibL4

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents/carers to know what to do when their child talks to them about bullying.
You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation.

Reassure your child they are not to blame. Many children blame themselves and this may make them feel even worse.

Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem.

Visit the below website to find some strategies. The website has tips and ideas for different bullying situations.


Contact the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help.

Check in regularly with your child. Keep the conversation going. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

What is bullying -

https://bullyingnoway.gov.au/WhatsBullying/DefinitionOfBullying

Responding to Bullying -

https://bullyingnoway.gov.au/RespondingToBullying

Loretta Green
School Based Youth Health Nurse

Bullying National Day of Action

On Friday the 16th of March, Rockhampton SHS held events to celebrate the Bullying National Day of Action. It was a positive day where our school came together to support the message of anti-bullying by wearing orange.

The Student Representative Council took a lead role; planning and setting up an art project on the day so all students could write inspirational messages or tips to have a positive impact in the school, encouraging people to look after each other. Ms Spencer, Rockhampton State High School’s own Guidance Officer and Loretta Green our amazing School-Based Youth Health Nurse had a stand to give information to students and were available to have a chat about the importance of the anti-bullying message. We were also lucky to have Headspace attend our event (an organisation that supports youth mental health), as they provided valuable information and took the time to talk to students, as well as handing out merchandise.

Finally, the year 12 Health Education students were able to show staff and students the technology-based campaigns they had been working on during term 1 to address bullying. They received great feedback on their projects, especially for their skills using technology to keep students safe.