



PORT CURTIS ROAD COURIER

A fortnightly communication between home and the school community

PRINCIPAL: Mrs Julianne Emmert

Term 3 Week 9 - 3rd September 2013

VALUE: Every child matters every day!

From the Principal

Family and Friends of the Port Curtis Road State School Community

This term is certainly going very quickly. We only have a few weeks of school left (Friday 20th September is the last day of school).

Port Curtis Road State School acknowledges the traditional Dharumbal people on whose land it stands.

Dates to Remember 2013

Term 3

8 July - 20 September

Term 4

8 October–13 December
Student Free Day
21 October 2013

Summer Vacation

14 December 13
To
27 January 2014



Congratulations to Jessie Neale who came third overall in gymnastics at a recent competition.



Book Week

Wow! We had some fantastic costumes Friday. Thanks to those who came in costume, it was a lot of fun.

P & C Association meet monthly in the Library

Your voice is needed
Your ideas are valued
You are important to our school community spirit.



Weekly Awards:

Bookwork Presentation:

Bryce Leddy
Louise Watson

Ella Platt
Dylan Sanderson

Gotcha Awards:

Tayleah Daniel
Brody Nunn
Ethan Haughton

Katie Adams
Jorja Smith
Sam Gray

REMINDERS

Wednesday 4th Sept
Prep, Years 1, 2, 3 & 4
Possum Magic - The Musical

Bus will depart at 9.00am
Permission form and \$6 for bus to be returned prior to event.

Friday 6th Sept.
Footy Colours Days
Wear your favourite Footy Colours.
Bring a Gold Coin Donation

Friday 20th Sept
Jump Rope for Heart
Gold Coin Donation

The Prep, Years 1, 2, 3 and 4 are travelling to the Pilbeam Theatre on Wednesday morning to see Possum Magic–The Musical. Don't be late as the bus departs at 9.00am. Students will return to school at 10.45am.

Have a great week

Take Care

Julianne Emmert
Principal

CLASSROOM NEWS

From the Prep – Year 2 Classroom

The focus for our studies in English for the remainder of this term will be on Poetry. Children will explore a range of poems, focussing primarily on their structure, the use of language/vocabulary and the intended audience. Students will also analyse poems in terms of the plot, the setting and the use of characters.

Please share any of your favourite poems with your children, discuss the intent of the poem and the images the language evokes. Keep an eye out in future newsletters for poems that the students themselves have written.

Mr John Collins

From Years 3, 4 Classroom

Years 3-4 have been working on their Technology Challenge which required the children to design, make and appraise a water cooler to keep a 600ml bottle cold. We started the challenge by learning about insulation and its uses to keep things hot or cool. We have just completed the challenge and are about to test our coolers this week by checking the temperature with a thermometer after the cooler is taken out of the fridge and left at room temperature for a specified amount of time. We are all looking forward to testing and seeing which materials have worked the best for the challenge.

Homework once again should be completed and returned to school for marking on Friday. All students have homework which must be completed.

Have a good week!

Mrs Tracy O'Brien

From Years 5, 6, 7 Classroom

Years 5, 6, and 7 enjoyed a wonderful outing to Rockhampton State High School for Moo Baa Munch on Friday the 30th August. Congratulations on the general behaviour of the class; thanks to all of our wonderful parents and caregivers who permitted your children to attend so that attendance was virtually 100%. We had a great time and learned heaps.

This is the third last week of term and we are working on finishing

our Memoir literacy task, a time capsule letter for the future, Poetry and some interesting work on the Weather, Planets and assessment tasks including Integers, budgeting, shopping and statistics.

Additionally, it is recommended that students are rewriting their spelling words once a night and reading a minimum of 10 minutes per day. Importantly, if students are not good readers we ask that parents or caregivers read for around 20 minutes to their children and if you have time ask some questions about the book e.g. who, what, when where and why types of questions.

I am always delighted to have a chat with regarding your child's individual needs.

Mr Michael Peters

Student Council

Student Council raised valuable funds of \$131.20 for Queensland Cancer Council awareness "Wear Yellow Day" or "Daffodil Day" by purchasing merchandise and giving a gold coin donation.


A big, Thank You, to those who supported this worthy cause.

Playgroup

Week 9	5 th September
THEME	Footy Colours/Sports
9:00 - 9:30	Books and Puzzles
9:30 – 10:30	Footy Shirt design (group)
	Colouring in sport
	Ball games
	Threading
10:30 – 10:45	Storytime
10:45 – 11:00	Shared Morning Tea



Week 10	12 th September
THEME	Transport
9:00 - 9:30	Books and Puzzles
9:30 – 10:30	Group poster - Transport
	Construction – train, bus, etc
	Transport play
	Painting
10:30 – 10:45	Storytime
10:45 – 11:00	Shared Morning Tea



Tuckshop News

Tuckshop this Friday is a Hamburger Meal Deal for \$6.50. Order forms are attached.

Snack Shack

A reminder that the Student Council offers Snack Shack each Wednesday afternoon and Icy Cups each Friday afternoon after school.

School Banking

Don't forget that Thursday is School Banking day and students should bring in their weekly deposit to Mrs West.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmite token. The first token will be received upon the first deposit at school. Once students have individually collected 10 tokens they can then be redeemed for a range of great, exclusive reward items in recognition of their continued savings behaviour.

FOOTY COLOURS DAY



This Friday 6th September is Footy Colours Day where you can help fight cancer and change lives.

Thousands of Australians unite and don their favourite football team's colours, be it AFL, NRL, Rugby Union or Soccer – to help raise money for children living with cancer.

Wear your football team's colours all day – jersey, scarves, beanies or anything else you have and make a donation.

Get involved and pay a gold coin to have fun and show compassion for others who are worse off than you.



Rockhampton State High School Enrolment Interviews for 2014

2014 Enrolment interviews for Year 7 going into Year 8: It is that time of the year again and we have had a good response already with the Year 7 students doing enrolments for next year.

2014 enrolment interviews are taking place at the moment for the parents who have not done this already.

Parents need to contact Rockhampton State High School on 49 204 333 and set up an appointment time as soon as possible.

National Asthma Week

National Asthma Week is an event celebrated by Asthma Foundation Queensland in the first week of September (1-7) each year. This year's event aims to create awareness about the importance of compliance with asthma medication, especially preventer medication.

Asthma Foundation Queensland has a number of activities planned during National Asthma Week, all of which can be found here: <http://asthmaaustralia.org.au/>

People are also encouraged to phone the Foundation on 1800 ASTHMA (1800 278 462) and speak directly with an Asthma Educator to receive any information about asthma.

NIDA SHORT COURSES IN ROCKHAMPTON

This Spring the National Institute of Dramatic Art (NIDA) is running a range of short courses at the Walter Reid Cultural Centre, Rockhampton. NIDA short courses are a great way for students to develop skills in a supportive environment and with some of Australia's best tutors.

COURSES IN ROCKHAMPTON

VENUE: Walter Reid Cultural Centre

DATES: 1 to 6 October 2013

8-11 years

Drama School, Doctor Who: Intergalactic Adventure

12-15 years

Acting Boot Camp, Drama School

16+ years

Audition Essentials, NIDA Acting Techniques

For more information contact NIDA Open via email at open@nida.edu.au or call (02) 9697 7626

Rockhampton Futsal (indoor soccer) Club will be holding sign-ons online at www.australianfutsal.com. The new season starts in mid September in age groups from 8 years old to seniors (Men and Women), boys and girls.

Please go to this website to sign on for new season. Any enquiries please email gail@australianfutsal.com or ring 0408 780 612.

NOTICEBOARD

You are invited to An Information Expo

Come and see what Services and Supports there are to assist our Frail aged or family members with a disability. Everyone welcome.....




WHEN: Monday 14th October 2013
WHERE: PCYC – Stapleton Park, Rockhampton
TIME: 10.00am – 1.00pm
INCLUDED: Tea, Coffee & Nibbles
COST: FREE

Carers Queensland Inc. 1/83 West St. Rockhampton
 Ph: 4921 4486 or Email: nshultz@carersqld.asn.au

JOIN US

CARERS WEEK 13-19 OCT 2013

You are invited to a Carers Luncheon




WHEN: Wednesday 16th October 2013
WHERE: Frenchville Sports Club, 105 Clifton St. Nth Rockhampton
TIME: 12.00pm – 2.00pm
INCLUDED: Lunch, Tea, Coffee & Cake
COST: FREE
RSVP: 1st October 2013 (numbers limited)

Carers Queensland Inc. 1/83 West St. Rockhampton.
 Ph: 4921 4486 or Email: nshultz@carersqld.asn.au

JOIN US

CARERS WEEK 13-19 OCT 2013

You are invited to a Picnic at the MT MORGAN DAM

Open to All




WHEN: Friday 18th October 2013
WHERE: Mt Morgan Dam (No. 7 Dam or Big Dam) 2km from the centre of town - when coming from north, turn left off the main highway (prior to Carmody Bridge) and follow along the Dee River
TIME: 10.00am - 12.00pm Food & Drink supplied
COST: FREE (Please bring a picnic mat or chair)
RSVP: 14th October 2013

In the event of wet weather, please call 0427 154 295
 Carers Queensland Inc. 1/83 West St Rockhampton
 Ph: 4921 4486 or Email: nshultz@carersqld.asn.au

JOIN US

CARERS WEEK 13-19 OCT 2013

Supported by Queensland Government
 Carers Queensland gratefully appreciates the funding support from the Queensland State Government to assist with regional event activities during Carers Week 2013.
 Carers Queensland Inc. ABN 20 061 257 725

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FREE WATERPOLO QUEENSLAND

Water Polo? Why Not!

FREE* All Ages Event at Rockhampton Grammar School Pool.

Sunday 15th September 2013, from 10am.

Find out more via our website
 *Pool entry may not be included



our website for more information
www.waterpoloqld.com.au

Free Event

Child Protection information evening

Tuesday, 10th Sept

7.30 - 9.00 p.m.

MECOBE Conference Centre

Cnr William St & Bolsover St
 Ph 49 219 900
 (formerly The Terrace Restaurant)

- * Learn practical strategies to protect your children.
- * Learn the 7 steps 2 safety for you and your children.
- * Transform your relationship with your children.

Presented by Michael Peck from "In Safe Hands"

Michael Peck has a wealth of knowledge about child protection laws and practical strategies. He is a Churchill Fellow with over 21 years experience in child protection and behaviour. The strategies and tips he provides during this workshop can be used to keep your children safe through all stages of their lives and build on the existing relationship you have with your child.

Any further queries please contact Chnstelle 49265552 or info@skippys.com.au

Proudly sponsored by SKIPPYS, In Safe Hands, Queensland Child Protection Week, and Queensland Police.

Three or more is very poor. Take control.

If you use reliever medication three or more times a week, your asthma is out of control and it's time to visit your doctor.

1800 ASTHMA (1800 278 462)
asthmaaustralia.org.au

Asthma Australia

National Asthma Week 1-7 September

Rockhampton Congenital or Acquired Heart Defects Support Group

Rockhampton support group for local families with children who are affected by Congenital Heart Defects or Acquired Heart Disease. We affectionately know these children as HeartKids.

HeartKids Qld and The Umbrella Network can support you:

- Exchange stories
- Learn more about Heartkids
- Realise you are not alone
- Spend time with others who understand what you're going through
- Share ideas and coping strategies
- Raise awareness about heart conditions in Rockhampton
- Link you to community organisations, and service providers


Rockhampton HeartKids meet bi-monthly offering a range of guest speakers, family and social events for children and their families.

254 Eldon Street, Rockhampton 4700
 Phone: 49 286 550
 Website: www.theumbrellanetwork.org
 Facebook: The Umbrella Network
 Email: heartkids@umbrellanetwork.org
 Mon, Tues, Thurs & Fri

Heartkids QLD Office:
 Phone: (07) 38 477 552
 Website: <http://www.heartkidsqld.org.au/>

ABN 27 417 432 250
 Copyright © 2013 The Umbrella Network

Are you caring for a child with Congenital or Acquired Heart Defects in Rockhampton?



The Umbrella Network
 "Where supporting families"

A non-profit organisation supporting families

www.theumbrellanetwork.org

The Umbrella Network

CQ Epilepsy Support Group gives people of all ages whose lives are touched by epilepsy, time to talk and meet with like minded others who have or have had similar experiences.

It also provides the opportunity to learn more about epilepsy and how you can share information with those around you.

CQ Epilepsy Support and The Umbrella Network can support you:


- Learn more about epilepsy
- Realise you are not alone
- Become informed about treatment options and side effects
- Spend time with others who understand what you're going through
- Share ideas and coping strategies
- Raise awareness about epilepsy in Central Queensland
- Link you to community, state and national organisations, service providers and health professionals

CQ Epilepsy Support Group meets once a month offering a range of guest speakers, family and social events for all ages.

254 Eldon Street, Rockhampton 4700
 Phone: 49 286 550
 Website: www.theumbrellanetwork.org
 Facebook: The Umbrella Network
 Email: epilepsy@umbrellanetwork.org
 Mon, Tues, Thurs & Fri

ABN 27 417 432 250
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Do you have or are you caring for someone with epilepsy in Central Queensland?



CQ EPILEPSY SUPPORT GROUP

A non-profit organisation supporting families

www.theumbrellanetwork.org

The Umbrella Network

NOTICEBOARD



NOTICE BOARD

August / September 2013

Go'n Run Program gets School Kids Moving

The running program aims to improve the fitness level of Australian children while providing an ongoing fund raising program for your local school.

It is a simple program, children purchase a low cost iron on badge which acknowledges the distance travelled by the individual. Students participating in this program have been known to make a positive change in aerobic fitness, attitude, weight and concentration levels.

Acquiring these badges assists students to set attainable goals. Students purchase a badge at 10, 25, 50, 75, 100, 125, 150, 175, 200, 250, 300, 350, 400, 450 and 500 kilometres.

Interested... Find out more information on this program and to register your school or organisation click [here](#).



Build your Club with the CAPS Program

It is well-known that the involvement of volunteers (and in particular junior-level volunteers) is the key to success and long-term sustainability of local sporting clubs, sport organisations and sporting events.

Recent studies suggest that without volunteers the sports system could not operate. There is growing awareness within the industry of the need to better manage and nurture volunteers particularly as the latest surveys indicate a trend of declining volunteerism nation-wide.

For more information on the programs offered and how to register visit the [KickStartCQ Website](#).

KickStartCQ Facebook

Keep in touch with the KickStartCQ team and 'LIKE' our facebook page [here](#).

There's heaps of great local information to keep active and involved in the Community, as well as competitions and heaps more!

Check it out today!!!

2014 sports + health expo Registrations now OPEN!!!

Registration Fees:

- Sport & Recreation Clubs - \$10.00
- Gyms & Health Service Providers - \$30.00
- Businesses - \$60.00

Don't miss out on this great opportunity! For all the details click [here](#).

Phone: 1300 22 55 77 | Fax: 1300 22 55 79 | PO Box 1860, Rockhampton Qld 4700
www.kickstartcq.com.au



NOTICE BOARD

August / September 2013

Disability Action Week Wednesday 11th Sept

9:15 - 9:45 Wheelchair Basketball
 10:00 - 10:30 Wheelchair Soccer
 10:45 - 11:15 Indoor Soccer
 1:00 - 3:00 Boccia, Poolbill (Table Tennis), Table Cricket & Bowls

YWCA QLD Sports and Recreation Centre
 One Robinson St & Diggers Lane, Frenchville (behind the Rock Pool)

Priority assisted by:


Applications Open for Inclusive Community Champions

The Inclusive Community Champion Awards are a celebration and recognition of local people, businesses and venues that offer a service that fosters and encourages an inclusive community.

For more information on the Inclusive Community Champion Awards or to register click [here](#).



FOOTY COLOURS DAY

FRIDAY 6 SEPTEMBER 2013

SHOW YOUR TRUE COLOURS!

AFL, RUGBY UNION, NRL, SOCCER



FOOTY COLOURS DAY! 

Connect with your Community at the walk to Cure Diabetes

Merv Anderson Park, Yeppoon
 Sunday, 10 November 2013

Become part of a team that makes a difference. register today at www.jdrf.org.au/walk or call 1300 363 126



JDRF **walk to cure DIABETES**

Phone: 1300 22 55 77 | Fax: 1300 22 55 79 | PO Box 1860, Rockhampton Qld 4700
www.kickstartcq.com.au



NOTICE BOARD

August / September 2013

Autism Queensland's Fun, Friends and Feelings Holiday Program

Autism Queensland's EarlyAQtion team is currently organising Fun, Friends & Feelings Programs for the September/October school holidays.

These will run as week-long intensive group programs with 3 - 4 children and their parents/attend each morning or afternoon for the week. The number of programs taking place during this week will depend on demand and then upon the need to organise children into appropriate groupings.

To be eligible for the program, children must be under the age of 7 and have a diagnosis of Autism Spectrum Disorder.

If you wish to participate in a Fun, Friends & Feelings Program during the September/October 2013 school holidays or are wanting more information please go to www.kickstartcq.com.au.



Become a Community Coach

If you are a student, club coach, teacher, parent, community member, volunteer, professional coach, beginner coach or athlete you can register for the Australian Government's Active After-school Communities FREE coaching course.

Prior coaching experience is not necessary, just a love and passion for delivering sport and other structured physical activity to children.

The Community Coach training program will provide you with the necessary skills and resources to deliver sport and other structured physical activity with the Playing for Life philosophy.

To become a Community Coach or for more information check out the [KickStartCQ Website](#).



"Bring a Bloke Week" Men train for FREE 2 - 8 September 2013

step into life
 Group Outdoor Personal Training

We do it outdoors.

enquiries: 9438 364 092 or rockhampton@stepintolife.com



NOTICE BOARD

August / September 2013

Aquafit

Aquafit is a fantastic way to build strength and endurance, so get in and workout in the water! A little exercise can go a long way to preventing chronic diseases, so get involved today!

When: Wednesday/Friday
 Time: 12:15pm - 1pm
 Venue: South Side Pool, 1 Lion Creek Road
 Cost: \$2 per session (please pay upon entrance)



These sessions are exclusively for KickStartCQ participants. You must be a registered KickStartCQ member to attend these sessions.

Pool details: Heated 50m pool, 2m depth throughout (no shallow end), ramp entrance, change rooms and showers. If you are not a confident swimmer you can hold onto the edge of the pool during the session. Flotation devices are also available to assist with buoyancy.

Please Contact KickStartCQ team on 4936 8023 or email kickstart@rc.qld.gov.au to register.

Men's Strength and Conditioning Sessions

We know guys like to keep it straight forward and simple. So here it is; exercise is good for you, do it.

KickStartCQ Men's Strength and Conditioning Sessions are specifically designed to improve functionality and strength while increasing overall fitness. The sessions are delivered in a no fuss, supportive environment and are tailored to all fitness levels.

When: Every Tuesday/
 Friday
 Time: 9am - 10am
 Venue: Crest II CQ 31 Stanley Street, Rockhampton (next to the Great Western)
 Cost: FREE



Eligibility: 18 years and over and not currently in paid employment.
 Please Contact the kickStartCQ team on 4936 8023 or email kickstart@rc.qld.gov.au to register.

Spring into Action: KickStartCQ's Top 5 Tips to get Active!

As we move towards Spring we quickly shift our thinking to warmer days, greener grass, sunshine, and enjoying the great outdoors.

Spring is a great time to begin adding more physical activity to your lifestyle. Although it's not impossible, it is harder to get outdoors and be active during the colder months for most people, so as Spring sets in it's a great opportunity to get outside and get those bodies moving.

It is well documented that adults should aim for at least 30 minutes of moderate physical activity each day, but you may not know that for children aged six through to 17, it is recommended to aim for 60 minutes a day.

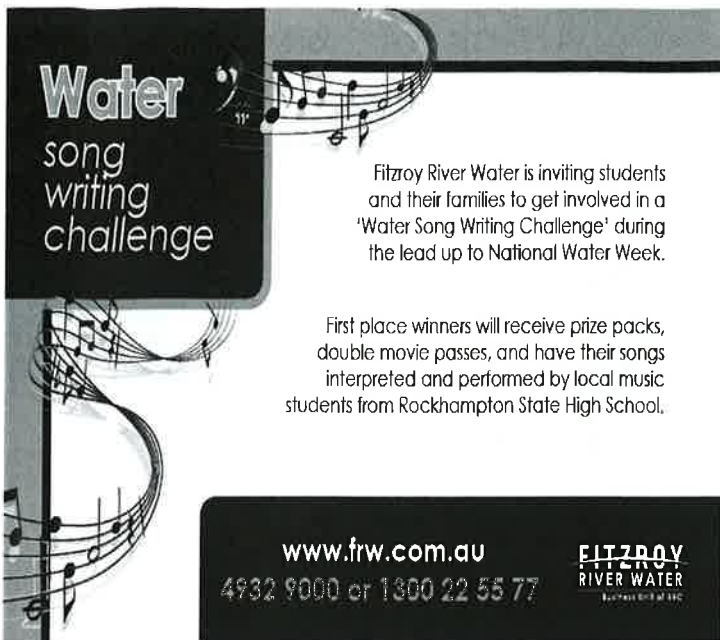


To find out the top 5 tips to get active visit the [KickStartCQ website](#).

Phone: 1300 22 55 77 | Fax: 1300 22 55 79 | PO Box 1860, Rockhampton Qld 4700
www.kickstartcq.com.au

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NOTICEBOARD



Water
song writing challenge

Fitzroy River Water is inviting students and their families to get involved in a 'Water Song Writing Challenge' during the lead up to National Water Week.

First place winners will receive prize packs, double movie passes, and have their songs interpreted and performed by local music students from Rockhampton State High School.

www.frw.com.au
4932 9000 or 1300 22 55 77

FITZROY RIVER WATER
Business Unit of RRC



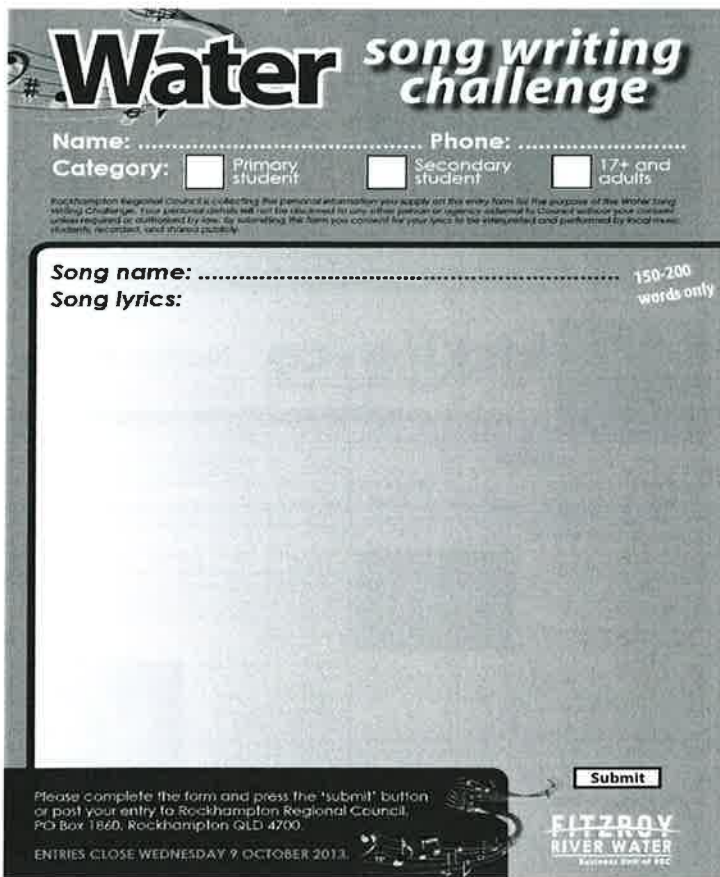
Water song writing challenge

Get creative for National Water Week!
Submit your own lyrics to win a prize pack and have your song performed.
Enter now!

"I'm thirsty and I know it!"
"WATER 'BOUT ME"
"Water you want from me?"

ENTRIES CLOSE 9 OCTOBER 2013
Visit www.frw.com.au for information
or call 4932 9000 or 1300 22 55 77.

FITZROY RIVER WATER
Business Unit of RRC



Water song writing challenge

Name: Phone:

Category: Primary student Secondary student 17+ and adults

Rockhampton Regional Council is collecting the personal information you supply on this entry form for the purpose of the Water Song Writing Challenge. Your personal details will not be disclosed to any other person or agency without the Council's written consent unless required or authorised by law. By submitting the form you consent for your lyrics to be interpreted and performed by local music students, recorded, and shared publicly.

Song name: 150-200 words only
Song lyrics:

Please complete the form and press the 'submit' button or post your entry to Rockhampton Regional Council, PO Box 1860, Rockhampton QLD 4700.

FITZROY RIVER WATER
Business Unit of RRC

ENTRIES CLOSE WEDNESDAY 9 OCTOBER 2013.



Would \$500 assist with your child's school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including uniforms, text books, laptops, sports equipment and music tuition.

You may be eligible if you:

- have a Health Care Card or Pensioner Concession Card
- are 18 or over and
- have some paid income from work (you or your partner).

Contact Diana Friederichs, your local Saver Plus Worker:
07 4921 0273 / 0408 490 984 or
diana.friederichs@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Rockhampton by The Smith Family.
Saver Plus is funded by ANZ and the Australian Government.